

Advertising feature. Your normal **onsunday** is inside

Having an NHS Health Check saved my life

It might only take 20 minutes but it can help add years to your life... what are we talking about? Free NHS Health Checks.

Free NHS Health Checks are available for anyone aged 40-74 years; registered with a GP in Bedfordshire or Luton; without a pre-existing diagnosis of heart disease, stroke, diabetes or kidney disease; and who has not had a free NHS Health Check in the past 5 years. They are available from your GP so keep an eye out for your invitation in the post.

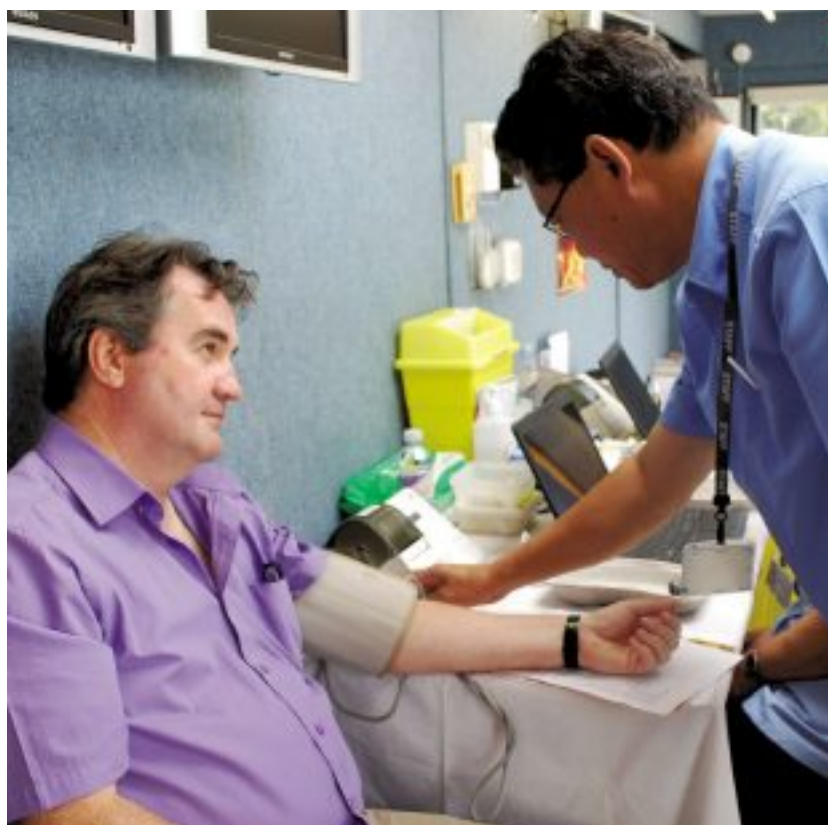
So far this year, NHS Health Checks in Bedfordshire have successfully identified 147 people with high blood pressure and 46 people with type 2 diabetes, all of whom were previously unaware of their conditions which were posing serious risks to their health. The good news is that if these conditions are identified early on, you will receive advice on how to best manage these conditions and reduce your risk of more serious problems. This may be through

lifestyle changes or medication, or a combination of both.

Believe it or not, this year more than 5,000 people have already taken up the offer for their free NHS health Check. We still have a long way to go to reach 20,000 but we are well on the way.

For more information on eligibility and what the check includes turn to the back page. Community NHS Health Checks will soon be delivered at both The Jobs Hub in Bedford and The Active Transport Hub in Dunstable by a team commissioned by NHS Bedfordshire. See the back page for information on what an NHS Health Check involves. NHS Health Checks will also be delivered in Luton communities over the coming months, including Biscot, Bury Park and Leagrave – so look out for adverts or ask your GP.

If you haven't received an invite don't worry, it may be coming to you in the next few months or next year or two (the programme aims to see everyone eligible within 5 years). Visit www.nhs.uk/NHSHealthCheck to find out more.



LIFESAVER:
Frank Toner having an NHS Health Check

Frank Toner, Executive Director Adult and Community Services, Bedford Borough Council, said "Until I had my free NHS Health Check I had no idea that I had a potentially life-threatening condition, it has really been a lifesaver. Knowing this has allowed me to make changes to my lifestyle to help manage this condition, including increasing my physical activity and watching what I eat. It has been easier than I thought and I feel better now than I have in years. The prospect of finding out there is something wrong can be a scary one, but I would urge anyone who is invited for a free NHS Health Check to have one. Whatever the outcome, following the check you will receive personalised support to maintain or improve your health."



IN THE COMMUNITY:
The Horizon Health Choices Health and Wellbeing Team



A day in the life of... A Stop Smoking Advisor

What is your name:

Cara Umney

How long have you worked in stop smoking services: 20 months

What do you do in a typical day: A typical day involves seeing clients in one of many settings, for either 1:1 or group support. I tailor stop smoking programmes to the client's needs over a 12-week period and provide them with motivational support and Stop Smoking medications. There is a lot of paperwork involved.

When I am not seeing clients or doing paperwork I provide training and support to GPs and other health care professionals in the Bedford Borough area. Another part of my role involves taking on specialist projects and I am fortunately able to work closely with Bedford Hospital within mental health. My role is extremely varied, as each day poses a new challenge.

What is the best part of your job:

The best part of my job is being able to work closely with the general public and support them to make a positive difference in their lives. Giving up smoking is not only one of the best things anyone can do for their health and wellbeing but it is also one of the hardest things to do. The Stop Smoking Service enables clients to have extra support during their quit attempt. It is extremely rewarding when clients successfully reach their goal and they can feel the positive effect on their health and life from quitting.

Tell us a hidden talent: My hidden talent is that in my spare time I like to play the guitar.



Seasonal Support to Stop Smoking

Did you know? You are 4 times more likely to quit with the help of NHS Stop Smoking Services and medication compared with going it alone.

In Bedfordshire (Bedford Borough and Central Bedfordshire) we have a dedicated NHS Stop Smoking Team, 2 full-time advisors in Bedford and 3 full-time advisors in Central Bedfordshire. We also have a specialist smoking in pregnancy service for mums-to-be or new mums who want to give up but need extra help and support.

Sometimes people worry that when we first meet them, we will "tell them off" but that is simply not the case. We are here to provide advice and support to help you take the first steps on your journey, to support you making a quit attempt, managing any withdrawal symptoms and living a smoke free life.

It often takes people a few attempts before you quit for life, so if you have tried before but things have changed and you want to stop smoking now, then just call.

I want to quit, how do I contact you?

If you are a smoker give us a call on 0800 013 0553 or visit www.smokefreebedfordshire.nhs.uk together we can make a real difference to the health of you and your family. It is free to call and you can access the service as many times you need. For Luton please call 0800 013 0845 or visit www.tobaccofreeluton.co.uk

STOP SMOKING SUPPORT:
Sandra Austin and Jackie O'Shea



SO WHAT HAPPENS WHEN YOU RECEIVE MY DETAILS?

- Once we have received your details, we aim to contact you within 48 hours. We try to contact you by phone twice and then once by mail. We do not leave messages due to confidentiality unless you say it's ok.
- You will be offered the earliest appointment that we have at a clinic near your home or close to work, whichever suits you and your schedule best. Currently this is approximately 7 – 10 days, but it can be in the same week. A confirmation letter is sent and if we have a mobile number, a reminder is sent the day before the appointment.
- When you come to the appointment we check your personal details and discuss your smoking and medical history. We are here to support you and will discuss whether now is the right time for you. If it is, we work with you to agree what stop smoking product will best suit you.
- Nicotine Replacement Therapy (NRT – nicotine patches, gum, inhalers, etc) is available in most locations as a voucher to exchange for your products and Champix is requested from a GP. If you pay for prescriptions you it will cost £7.65 per item, for 2 weeks worth of product.
- Follow up appointments are booked with you to continue to provide support, advice and further product vouchers / prescriptions. Support is offered on a one-to-one basis for 7 weeks and then if necessary on the phone.



Calls for civil action to be taken against disgraced ex-MP Margaret Moran

onpage7



Luton ace could deliver knockout blow in the professional ranks

onpage60

November 18, 2012

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Nadine effect sparks PCC voting rebellion

Numerous ballot papers spoiled

BY LAUREN ARCHELL

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ABUSE aimed at Mid Bedfordshire MP Nadine Dorries is believed to have been scrawled on ballot papers in the Police and Crime Commissioner (PCC) elections.

More than 2,500 in her constituency were deemed to have been spoilt in the vote for the new job, won by Labour's Olly Martins.

Central Bedfordshire Council would not confirm whether any of them were due to messages about Ms Dorries, currently taking part in a TV reality show in Australia.

However *Luton on Sunday* understands insults were left on some of the 724 papers ruled out in the first round and the 1,813 judged invalid in the second.

Winner Mr Martins, who triumphed with 35,958 votes from Conservative Jas Parmar with 32,100 votes, said Ms Dorries' 'I'm a Celebrity...Get Me Out Of Here!' antics 'had hampered' his rival's chances.

He said: "Before the day I picked up on some suggestions that various people were deeply unhappy about Nadine going on the show, and were planning to use the opportunity of Thursday's election to make their views known."

South West Bedfordshire MP Andrew Selous admitted that his fellow colleague Ms Dorries 'had not helped' Mr Parmar.

But the defeated Tory candidate said that he felt that Ms Dorries' trip to the jungle was not the reason why he came second in

the election. Mr Parmar said: "I don't think Nadine Dorries hampered my chances in winning the election as we still managed to get a lot of votes."

"The election for us was lost in Luton, where we couldn't change the minds of the Labour voters."

"I don't think there was any more that we could have done."

Richard Carr, chief executive of Central Beds Council, said: "Whether people use their vote to express support for a candidate or not is their democratic right and entirely a matter for the individuals concerned."

"It would be incompatible for me in my role as Returning Officer to express any view on how electors chose to use their ballots."

The number of votes for Olly Martins and Jas Parmar was so close following the first count, that another had to be undertaken. This meant that the second preference votes for the Labour and Conservative candidates were taken into account.

TOTAL VOTES:

Olly Martins (Lab): 35,958
Jas Parmar (Tory): 32,100
Linda Jack (Lib Dem): 11, 205
Kevin Carroll (Independent): 8,675
Mezanur Rashid (Independent): 8,076

TURNOUT:

18.19 per cent (20.20 per cent in Luton Borough and 16.08 per cent in Central Beds).



VICTORIOUS: Labour's Olly Martins becomes Bedfordshire's first PCC

Council may axe 200 job roles

AT least 200 jobs will be lost in the Environment and Regeneration department at Luton Borough Council in further cutbacks.

Councillor Dave Taylor, responsible for Environment, has admitted the losses will mean a decline in the level of service.

Proposals being put forward by the authority would see 25 per cent of the posts in areas such as Environmental Health, Licensing and Waste Collection Services lost over the next three years due to a reduction in Government funding. The plans are going hit departments including Trading Standards, Administrative Support and Strategic Planning where staffing levels could be reduced to a 'minimum level require to provide a statutory service'.

And as well as cuts to Environment and Regeneration, the council is considering stopping its £190,000-a-year school uniform grant which subsidises the purchasing of school uniforms for 8,500 children.

It is expected that 4,000 families will be hit by the proposals which, if accepted, would come into force in 2013/14.

Turn to page 3 for more detail on council cutbacks.

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Town Hall in bomb scare on voting day

BY CARL MUNGAZI

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VOTING was disrupted at Luton Town Hall on Thursday after it was evacuated following a bomb scare.

The building, which was being used as a polling station for the Bedfordshire Police Crime and Commissioner elections, received a suspicious phone call at around 3.45pm and then contacted Bedfordshire Police.

Officers quickly responded and when they arrived they cordoned off the building and a large area of the town centre.

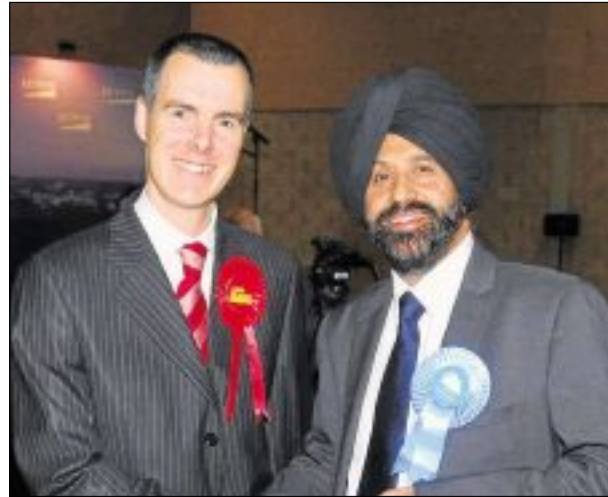
Sniffer dogs then swept the building before it was deemed safe to re-enter.

During the disruption the PCC polling station was moved to Luton Library Theatre for a short while but it was returned to the Town Hall soon after.

After the incident Luton Borough Council chief executive Trevor Holden said: "The efficiency with which the Town Hall was evacuated and emergency services took control of the situation was exactly as I would expect."

"It was an important day with the PCC elections and polling station staff went the extra mile to ensure that no-one missed their opportunity to vote."

The council then released a statement following the evacua-



NO HARD FEELINGS: Olly Martins and Jas Parmar still friends after the result

tion, which said: "The Town Hall re-opened following a suspected bomb threat on Thursday."

"Voting for the PCC elections continued as normal during the incident with Town Hall polling station staff enjoying a brief stint in the High Street before relocating into the warmer surroundings of the Central Library."

"The Town Hall reopened shortly after 5pm."

A spokeswoman for the police said: "Bedfordshire Police received a call reporting a security threat at Luton Town Hall at 3.41pm."

"Police attended and evacuated the building while officers carried out a thorough search of the property."

"By 5.30pm it was confirmed there was no genuine threat and staff returned to the building."

Losing PCC candidate says election was unfair

POLICE and Crime Commissioner (PCC) candidate Kevin Carroll has claimed that his election campaign would have been fairer had it taken place in 'Zimbabwe or China.'

Despite being 'ecstatic' and 'over the moon' with receiving 8,675 votes, the British Freedom Party representative said his campaign was plagued with a number of problems.

Mr Carroll, who came in fourth place, said that since declaring that he would stand in the election he had been threatened, arrested

by the police, had his car impounded, and had been excluded from almost all meetings relevant to the PCC role.

During his campaign he made a number of pledges such as taking a 'zero tolerance' approach to criminal activity against shops and businesses.

After the result was announced Mr Carroll said he was delighted to still manage to claim ten per cent of the vote, which means he will see his £5,000 deposit returned.

He said: "I am ecstatic. Barely

anyone gets ten per cent of the vote on their first time standing."

"I'm the new boy in town and I'm just cutting my teeth. My team have worked very hard."

Mr Carroll also expressed ambitions to run in the next election for the post, which is expected to take place in 2016.

He said: "All being well, I would definitely like to."

"Had the turn out been bigger this time, I feel I would have had a chance."

"I'll have to re-group and consider what my next plans will be."

Candidate has phone stolen on voting night for PCC elections

A CANDIDATE for the Bedfordshire Police and Crime Commissioner position had his phone stolen on voting night.

Mezanur Rashid, who lost after standing as an Independent candidate, was at the polling station at the Methodist Church, in Montrose Avenue, Luton, on Thursday when the theft occurred.

Mr Rashid said: "I was driving by when I saw some PCSOs so I stopped, parked my car and went to ask them about the bomb security scare at Luton Town Hall."

"They explained to me what happened and then I mentioned to them that my phone had been stolen. They encouraged me to report it to the police and that's what I did."

A spokesman for Bedfordshire Police said: "We received a report at 1.20am from a 31-year-old man who said his phone was stolen from a vehicle parked outside St Margaret's Methodist Church in Luton."

Mr Rashid dropped out of the first round of voting during Friday's count after getting 8,076 votes.

He had received the backing of fellow Independent campaigner Saundra Glenn who failed to stand after not paying her deposit on time.

Following his defeat, Mr Rashid said: "It's good for me and it's a good experience for me to go through."

"I expected a huge turnout in Luton, especially among ethnic minorities and Independent voters, but that didn't happen and it affected my result."

"Another reason for my loss I think was that I only had two and a half weeks to campaign."

"And I was facing Labour and the Conservatives who have big resources whereas I could not match that."

"The big political parties had a much more organised structure and I did not have that backing behind me."

"I was hoping to keep politics out of policing but the timeframe for my campaign didn't allow me to go to many places."

"For example, we had to ignore certain parts of south Bedfordshire because I was not able to reach them all on time."

"I am going to stand again in 2016 because I am still here and I want to serve the public. I want to keep the free police free from politics and I am hoping the public will see that."

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Councillor dismayed by 'unprecedented' cuts

BY LAUREN ARCHELL
lauren.archell@lutononsunday.co.uk

PLANS to save around £3.18 million over the next three years by reducing the head count in one council department have left a councillor labelling the cuts something he has 'never seen' in his '20 years in politics.'

Councillor Dave Taylor, the executive member for Environment and Regeneration, was speaking in light of the 'pressure' facing Luton Borough Council.

Government changes to the business rates and benefit systems means the authority could make cuts of up to £48 million. Under the proposals, the council's Environment department, which is responsible for services such as waste collection and environmental health, will lose at least 200 jobs - a quarter of its current workforce.

Labour Cllr Taylor said: "The level of these cuts is unprecedented and something I have never seen in my 20 years in politics. I never came into politics to be cutting and reducing services, but we have been forced into this position by the Government."

"We will still provide the services, but they will be massively reduced and ultimately won't be of the same standard - how can they be with fewer and fewer people?"

"We are considering having to change the collection of black bins to a fortnightly rota, and it is possible that the collection of green bins and brown bins will have to be stopped altogether."

"Yes, we will still fix broken paving slabs, but it might not be the day after it is reported, it might take weeks. This is not what we want to be doing, of course we want to be expanding services, but we have no choice."

"I hope that the public can understand that we are not doing this because we want to, but because we have to."

Jimmy Cummings, a senior Unite representative, said: "Environment and Regeneration is a very big and important department. It is worrying in some cases staffing levels will be at the minimum level allowed."

"But the council have already decided where their priorities lie, as they are still paying out thousands of pounds in recruitment and retention allowances."



REDUNDANCIES: Hundreds of jobs to go at Luton Town Hall

Teenager arrested with live rounds

A 15-year-old has been arrested for carrying a loaded handgun with four live rounds.

The teenager was apprehended while trying to run away from Bedfordshire Police officers who were on patrol in Dunstable Road, Luton, on Thursday just before 9pm.

During the chase the boy threw a carrier bag into a

nearby garden and other items across the dual-carriageway.

On recovering the bag police found the weapon as well as a lock knife which was underneath a car.

Firearms officers have since confirmed that the gun is genuine and the youth has been taken into custody. He was due to be questioned by detectives on

Friday. The police had been in Dunstable as part of Operation Peak, a campaign in which they are targeting known offenders in the town.

Rob McCaffray, the local policing Chief Inspector, said: "Although Operation Peak is primarily targeting burglars, we will be doing everything that we can to disrupt crime in Luton. It is

extremely concerning that a teenager has access to a firearm and we need to establish where this has come from and why he was carrying the weapon."

"Operation Peak continues to have a positive impact within the local community and we are already enjoying some positive outcomes from our proactive approach."

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ANGRY: Resident Keith Mitchell and just some of the bags of leaves that the council refused to collect from him

Leaf it out! Offer council did refuse

BY LAUREN ARCHELL
lauren.archell@lutononsunday.co.uk

A MAN who cleared his street of almost 20 bags of leaves was told by the council that it couldn't come up and pick them up - unless they were tipped back onto the road.

Keith Mitchell, 53, of Lonsdale Close, Luton, and his neighbour Pat Monagle, spent three hours clearing their road of leaves after fearing it had become a slip hazard to other residents.

But when Mr Mitchell called Luton Borough Council to ask if it could come out and take the bags away, they were told that the leaves were now in fact, their

responsibility.

Mr Mitchell then told the authority that if that was the case, they would pour the bags back on to the street and then call back and ask for someone to come out and clear the road.

He said the council worker replied telling them not to be silly, but then admitted that if they did do this, the council would be able to help.

Mr Mitchell, said: "It seems a ridiculous process. In other years someone has come out and cleared the street, but with the amount of leaves that were piling up, we were worried that someone could fall over and seriously hurt themselves. There were far

too many to put into our brown bins otherwise we would have done that. That will be the last time I try and do the council a favour."

However, a council spokesman said: "Anyone who takes the trouble to collect leaves from pathways is to be commended and our street cleansing team would be happy to remove any bags of leaves. The council collects leaves from our roads and footpaths every week - and twice a week in high density locations where leaves can be a problem.

"We regret your reader has been misinformed and will be reminding staff about our leaf collection procedures."

Police search for driver who helped attacked youth

A TEENAGER had his phone and headphones stolen after being attacked by a gang of youths.

The 15-year-old student was walking along Lalleford Road,

Luton, on November 2 when four youths came up behind him.

They punched and kicked the teenager before taking his BlackBerry along with his headphones.

After the attack the youths then fled towards Eaton Green Road.

Bedfordshire Police are trying to trace a driver who stopped to help the victim after

the attack.

If you have information relating to this incident you can contact Bedfordshire Police on 101, or text your message to 07786 200011.

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Moran 'should face private civil action'

BY LAUREN ARCHELL
lauren.archell@lutononsunday.co.uk

THE TaxPayers' Alliance has called on the authorities to do 'all in their power' to recoup the £53,000 that ex-Luton South MP Margaret Moran claimed illegally.

The group also suggested that a private civil action could be brought against her as part of the process to get the cash back.

Earlier this week, a jury ruled that the 57-year-old claimed nearly her entire annual allowance in one bogus expenses entry and issued invoices for more than £20,000 of non-existent goods and services. The expense claims are the largest amount uncovered in the wake of the scandal that rocked Westminster in 2009.

However, jurors at Southwark Crown Court in London were unable to return a guilty verdict after it was ruled that Moran was unfit to stand trial for mental



EXPENSES: A jury ruled that Moran made bogus claims

health reasons.

Instead, in a trial of issue, the jury found she had committed 15 counts of false accounting and six counts of using a false instrument over the claims for parliamentary expenses.

Mr Justice Saunders adjourned the disposal of the case to a later date after the jury reached a unanimous verdict on all counts. He added that Moran may be subject to a supervision order, a hospital order or absolute discharge, where no further action is taken

against her.

Jonathan Isaby, Political Director of the TaxPayers' Alliance, said: "Margaret Moran's former constituents in Luton South have every right to feel sore and badly let down. They now know for a fact that she fiddled her taxpayer-funded parliamentary expenses, and abused their trust."

"More than that, because of Moran's inability to stand trial for health reasons, they will struggle to feel that justice has been done, especially because

none of the fraudulently-claimed cash has been returned.

"Her unlawful claims for more than £53,000 – for which she falsified invoices, submitted fake bills and even claimed for a landline phone in a property without a phone line – make her probably the most serious offender of any of the MPs embroiled in the expenses scandal."

"The authorities should do all in their power to go about recouping the tens of thousands of pounds that Moran unlawfully claimed. If they are unable to do so, then perhaps a private civil action could be pursued. Politicians who abuse the trust of the electorate should expect to be held to account for their actions."

Moran, who served as MP for Luton South from 1997 until the 2010 election, received £53,000 in parliamentary expenses between 2004 and 2008.

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MP visits charity to see work being done

A CHARITY played host to an MP to demonstrate its good work.

Andrew Selous, MP for South West Bedfordshire, visited The Salvation Army's Dunstable Corps on Thursday to view the support given by the church and charity.

The centre is a place of worship and communal gathering for different groups.

Mr Selous said: "The Salvation Army in Dunstable has a long tradition of helping the vulnerable and most marginalised in society. I was delighted to have the opportunity to visit."



CHARITY: Andrew Selous MP (centre) with the Salvation Army

Watchdog looking into 'alleged data breach'

BY LAUREN ARCHELL

lauren.archell@lutononsunday.co.uk

A HOME care provider is being investigated by the Information Commissioner's Office (ICO) for an alleged breach of the Data Protection Act.

Earlier this month Luton on Sunday reported that Luton's Carewatch Care Services branch, in Hitchin Road, was alleged to have emailed sensitive information about vulnerable adults to a woman who does not work for the company. A schedule includ-

ing names, addresses, times that individuals would be visited and what type of care they needed, was sent to Deanna Jones in Bedford, instead of the intended employee.

This week an ICO spokesman said: "I can confirm that we are currently looking into this alleged breach of the Data Protection Act before deciding what action, if any, needs to be taken."

A Luton Borough Council spokesman said: "The council monitors all local regulated care

provision. As part of this monitoring programme, performance issues have been identified, resulting in an embargo of new placements being put in place with Carewatch in line with council procedures."

A Carewatch spokesman said: "While we can't comment on anonymous allegations, we can confirm action has already been taken with regard to the emailing of rotas. We have also made direct contact with the three customers concerned about this matter and apologised."

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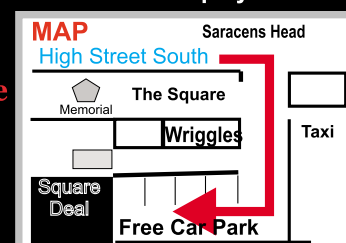
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Praise for L&D staff

SIR - After hearing so many complaints about Luton & Dunstable Hospital I feel compelled to write to you and say what wonderful treatment I received when I was under their care during October this year.

The surgeon along with his team did a wonderful job in giving me a new knee and this was followed up by the nurses on Ward 2.

I honestly cannot speak highly enough of the care, treatment and consideration I received – nothing was too much trouble.

May I say thank you once again to all those who work hard on Ward 2 for the wonderful care given to me – and I must not forget the Hospital at Home service which has helped me considerably.

Margaret M Waller
Trefoil Close, Luton

Rats cause diseases

SIR – I thank you for printing my letter in which 'I felt sorry for the rats'.

But I also need to want people that they do and can spread diseases that we need to be aware of, and that precautions need to be taken to avoid infection.

The rats cannot help it.

Rat fleas caused The Plague in London that killed thousands in 1665.

Another disease is the Weil's disease, caused by any contact that has contact with rat urine.

Do not get too friendly with wild rats, as rat bite fever is very unpleasant and can cause fever, rash and a painful joint inflammation.

I am very lucky my house is freezing cold and rats will not live in a cold environment.

So you have all been warned.

George L Donohoe
Axe Close, Luton

My Hatters line-up

SIR – With regards to Paul Buckle's comment last week – 'But on the whole we've been value for money' – only for the last ten minutes in the previous two home games.

With four strikers playing at any one time, we should be scoring lots of goals (why is this not happening?).

With regards to the game on November 10 against Dartford and failure to clear (once again) set pieces.

Two players should be defending at the goal post line areas, and tall players defending the six yard box area.

All the substitutes on the bench (against Dartford) should have started the game on the pitch – particularly after the performance against Hereford.

It is not a good idea in playing two new midfield players at any one time.

My winning team selection would be (4-4-2) – Tyler, Henry, Kovacs, Ainge, Rowe-Turner, Lawless, Watkins, Howells,

Story on MFO funding is 'biased'

SIR - I have a comment and some questions for Luton on Sunday.

I find myself feeling highly suspicious of the article in this paper written in the paper on November 4 with the headline 'Groups clash over unpaid rent claims'.

I've just read another article on your website published in February with the headline 'Funding concerns over MFO project' which I would be shocked if you wasn't aware of.

It has a much broader description of the goals and achievements of Marsh Farm Outreach (MFO) with questions and answers from both MFO and Locality itself, the organisation running the Government-backed community organiser scheme.

As I've no doubt you will agree your readers have a right to be able to trust your reporting and something clearly does not add up with this story.

I have seen the content of the email which was sent to you in response to your allegation and it clearly lays out what can only be described as a catalogue of achievements.

In particular one of the facts you are most undeniably aware of is the preparation which has gone into the Organisation Workshop a scheme set to create the best part of 100 meaningful much needed jobs in the local area.

I'm no reporter but why did you choose to omit the entire contents of the email response



GLENN JENKINS: Marsh Farm Outreach co-ordinator

instead of just keeping the names which you deem sensitive out of the article.

Something that cannot be denied is that you 'have' seen the email so you know there is much more than the rescue of a go-cart involved in this.

I have made it my business to follow, participate and contribute to the journey which Marsh Farm Outreach have travelled over the years.

I can assure all of your readers that the article in your newspaper would paint a very different picture if all of the facts had been presented and therefore could not be further from reality.

What the newspaper is insinuating in the concluding statement of your article is extremely misleading let alone the details of the argument over rent owed or not as the case clearly suggests.

There is a clear explanation of the rent argument included in the email response from Glenn Jenkins which I strongly believe was left out because it does not support your theme in this article.

It appears to be heavily biased.

Please could you explain this to us.

Steve Jacob
By email

Walker, Gray/Fleetwood, Shaw/Rendell.
Mr B Bailey
Alexandra Avenue, Luton

Bus trip to Gillingham

SIR – I expect many readers may be interested to read the following account of a visit to my son, daughter-in-law and two grandsons last Sunday morning, who live in Kent.

The day started off extremely well, what with the sun shining brightly and not a cloud in sight.

In order to save time rather than money, I travelled on the high speed link via St Pancras but was unfortunately informed by a member of staff here that I would have to change at Ebbsfleet International station and board a rail replacement bus to Gillingham, where I could then travel to my destination.

Getting to Ebbsfleet was uneventful but having arrived there, I had to make an urgent loo visit and unfortunately just missed the next available bus.

After just half an hour, it was time to board the bus which miraculously was on time.

Unfortunately however the driver was requested to pull up

at unauthorised stops by a couple of very elderly pensioners but just after the second so-called drop-off point the bus stopped yet again and I noted we were on quite a narrow main road which consisted of several 'bends'.

The driver got off the bus and, feeling a little irate, I did likewise and asked him as to the reason for this stop.

His only acknowledgement was to thrust up his index and middle fingers in front of me which I thought at first was an extremely rude gesture but on venturing back to the vehicle a customer whispered to me that it was because of the two minute silence.

Unfortunately at that moment I was completely oblivious to it, what with traffic being in full flow on both directions, including a long vehicle transporter conveying about 20 cars which had just passed us.

Can one imagine the pandemonium that could have been caused if the driver had decided to do likewise?

After the two minute silence stop therefore, the next I knew was that the bus had reached Gravesend, where at least two Remembrance Day marches

were in progress and what with the bus having to travel around the town in ever-decreasing circles I am sure I wasn't alone in thinking that this place should have been temporarily known as Witts End, as none of us seemed to know when or where we would get to our destinations and of interest.

Having finally arrived in Gillingham at around 11.45am several passengers, including myself, then had to crawl under the ticket barriers as they failed to function, not helped by the complete lack of any station staff who could come to our assistance.

I finally arrived at about 12 noon when I then informed my son that I would very shortly be arriving.

Having got briefly chatting to several other passengers they too were blissfully unaware of the severe disruption that would have to be endured today. But what we all agreed on was that this particular Remembrance Day would certainly remain in our minds for the rest of our lives as if nothing else it was certainly adventurous and by no means boring.

Sue Goddard
Toddington Road, Leagrave



Your tweets and comments on the stories on our website this week:

Margaret Moran case

@andyc_128: Unfortunately, she was my MP and she was good at getting her picture in the paper but that's about it. Disgusted at what she did.

@shortyhels: I think it's disgraceful that she isn't even going to face jail time. I'd certainly be off to a jail if I'd done the same.

@Vauxpensioner: I'm ashamed to say she was my corrupt fiddling disgrace of an MP found guilty and still a con-woman avoided being sentenced.

@collyeates: Crazy. She steals public funds and she will now likely a likely supervision order where social services must spend more public funds on her.

@MaJER2019: Send her to the jungle with Dorries. #dorriesinthejungle #howhardcanitbe?

@davewilkins1979: She now needs to be tried, held at Her Majesty's pleasure, and also forced to sell her house to pay the country back.

Putteridge School

@christofflennon: As an ex-pupil, it will always be Putteridge High to me (a bit like The Mall will always be Arndale)

@SecondaryCEIAG: Is there any official word on the debt write-off?

Luton Hoo

A Lutonian: Whilst the website for this hotel states it is located between Bedfordshire and Hertfordshire borders, the fact remains that this hotel is located in Luton.

Child hit by car

Local Guy: I hope this child recovers and the driver is locked up.

Motorists told to stop

@MuseumsLuton: I was nearly knocked over on a school crossing the other day as the person was on their mobile phone.

Cashpoint robbery

Jonny: I hope one of the PCC candidates will sort things like this out. There are too many robberies out there going unsolved and the police have had it tough because the laws are not helping at all. Send them to life in prison!

Robber steals birthday present bike from boy



UPSET: Eight-year-old Billy Cameron (left) with his dad Barry

BY LAUREN ARCHELL
lauren.archell@lutononsunday.co.uk

AN eight-year-old has been left devastated after the mini moto bike he received for his birthday was robbed from him.

Young Billy Cameron was in Spider Park on Butely Road on Saturday, November 10 at around 12pm noon when an older boy approached him and his friends.

The teenager befriended the group before pushing one of the boys off of the bike and riding away with it.

His father, Barry Cameron, said: "We bought Billy the bike for his birthday in August and since then we have been working on it together

as a project. The bike was a yellow and purple Mallaguti Grizzly from 1986, and we put in a lot of effort to get it ready.

"This was only the second time that he had been out with it. I had been out with him and his friends but popped home to go to the toilet, and didn't get back in time.

"It is worth around £500 so I don't know whether someone has targeted him specifically. Billy is gutted, he keeps asking if the bike has been found."

A spokesman for Bedfordshire Police said: "This is an ongoing investigation. If someone sees a bike matching this description they should call the police on 101."

Store left £4,000 down after fraudsters carry out card scam

A SHOP owner is calling on the trade to be vigilant when accepting phone orders after becoming a victim of fraud

Brian Curran, who runs Pedalworks Bike Shop in West Street, Dunstable, received telephone orders for two Trek bikes worth £4,000 in September.

The money went into the company account and the bikes were collected in-store.

However five weeks later, Brian was notified by Barclays bank that the bikes had been bought with a stolen credit card.

The bank then said that it

would be taking the £4,000 which Mr Curran had received for the bikes back from Pedalworks and returning it to the customer's bank account.

Brian said: "There should be more protection for retailers.

"Five weeks after the bikes were collected we got the 'chargeback' notification from our bank, and we've been left £4,000 down."

Mr Curran said the incident won't make him more suspicious of customers but he has confirmed that his shop have now stopped accepting telephone orders.

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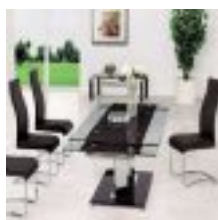
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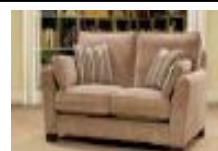
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steve lowe

I SPENT the first part of this week in Belfast. Not on holiday, I hasten to add, but at the Society of Editors conference, where weighty matters were discussed.

Belfast is a lovely city, moving on admirably from 'The Troubles', as called by the locals, and is well worth a visit. Especially the Titanic Centre, which is amazing. I digress.

The conference was more concerned with what was happening off-stage than in the hall. Many had hoped that Leveson would have presented his findings by now, so we could murmur approval or shout our disapproval.

And that was taken over by the goings-on at the BBC. Some BBC delegates never appeared, others had to rush back to the ranch, as the BBC crisis deepened. Journalists from the Beeb were not slow as to where to lay the blame, which was obviously not with themselves but a combination of the bosses and the bureaucracy.

Not many were entirely sure what to do, other than spend less at the top and more at the bottom. I have a different idea. I have long argued that much of what the BBC does is a perfect combination of the arrogant and the mediocre, especially concerning local news.

That is a little unfair as there are many in the Beeb who do a fine job. There are many who

Time to call time on bloated BBC

don't, though, as has become apparent.

So where do we go now? People are talking about Chris Patten also going and who should replace the guys at the top. I think we should be much more radical.

It is time to dismember the BBC. We should look at all its operations and put them into different sections. Those it is not so good at, or no longer fit public service broadcasting, or taxpayers should not be subsidising, or can be done as well in the private sector, should be taken away and flogged off.

For example private radio stations are struggling, not least because the BBC covers every iota of radio coverage and often throws a great deal of our money at it. Put Radio 1, 2, 5 and 6 up for sale. Let it be run privately.

Put all its local news up for sale.

Put some of the national news programmes out to tender. After all, it is often not the BBC who actually makes them in the first place. We would soon have a much leaner and fitter BBC and

then it will be much easier to give it a leaner, fitter management to run it. And the licence fee will be much smaller. Some of those savings could be spent across the world of journalism, perhaps in enforced better training, following the phone-hacking scandal. A win-win result.

Of course there will be screams of pain from within and without the BBC. But they got themselves into this mess, so should be happy I am offering a way out of it. The alternative is to have a bloated, bureaucratic corporation headed up by another pair of Establishment insiders, promising reform and that they are fully committed to making the BBC once again the envy of the world.

No stone will be left unturned to make the BBC accountable and once again the envy of the world in the quality of its journalism. That will be the mantra coming from the latest suits to run the BBC.

I don't wish to sound cynical but have we not heard that before?

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Council is shelling out to staff firms

BY CARL MUNGAZI

carl.mungazi@lutononsunday.co.uk

PAYMENTS of more than a £1.3 million have been made by the council over the last two years to companies which also employ members of its staff.

Luton Borough Council paid out £1,382,791.40 over the course of 2010-2012 to nine different companies which employed nine interim staff working for the authority.

A Freedom of Information Act request made by Luton on Sunday revealed that the council made payments of £723,354.17 in 2010/11 and £659,437.23 in 2011/12.

On October 21 LoS revealed how Philip Cunningham, a project manager for the £89m busway scheme, has received £968,000 through his company since 2005.

At the time the council said it is 'currently making regular monthly payments in respect of ongoing work done by five individuals who are either engaged via a company or are self-employed and doing work for the council as part of their employment'.

LoS also revealed on October 14 how Hilary Bartle, a service manager whose contracted



CRITICISM: Councillor David Franks

ended in July, had been paid £258,256 over the course of 2009-2012 through her consulting firm.

Last month, the House of Commons Public Accounts Committee published a report which looked at the practice of Government departments paying civil servants through their companies.

These arrangements allow workers to potentially pay a lower amount of tax on their earnings as they can pay tax as corporations, and not individuals.

Councillor David Franks, leader of the Liberal Democrats, said: "We hear far too much these days about companies and highly paid executives using legal devices to avoid paying their fair share of taxes."

"What the council is doing may not be illegal but there are moral issues here."

"All employers, but particularly public authorities, have a duty to pay their staff through standard payroll systems so National Insurance contributions and Income Tax are deducted automatically."

A spokesman for TaxPayers' Alliance, an independent group campaigning for lower taxes, said: "It's crucial that when the council tenders a contract it's done transparently and with all outside interests declared from the start."

"Hard-pressed families don't want to see cosy deals or pay for overly-expensive contracts, and real accountability is the only way that can happen."

"Local authorities must cut spending on consultancy bills anyway, so the more taxpayers can scrutinise these deals from beginning to end, the better."

A council spokeswoman said: "The council follows the law on this issue."



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Worker gives back to the community

SINCE the riots of August 2011 much has been said about tackling the plight of young people living in areas of high deprivation and crime.

For Kevin Mullins, a 35-year-old youth worker who lives in Wardown Park, youth and crime have been areas that have interested him since he moved to the town from Ireland in 2002.

Kevin initially came over to study Criminology at the University of Luton (now known as the University of Bedfordshire) but he left his course early after landing a role working in youth offending.

He said: "While I was at university I did some mentoring work with kids who had criminal backgrounds and then I moved to working in the Probation Service and Youth Offending team. The good thing was it was all linked in with my course but as a mature student I found it difficult to be in university for about 11 hours a week because I wanted something to do.

"I was offered a full-time post and my work ethic pushed me into accepting it."

EARLIER this month a youth worker secured a national award in recognition of what he has done for his community. Kevin Mullins, of Luton, originally came over from Ireland to study criminology at university, and has now gone on to get involved in working in youth offending.

CARL MUNGAZI speaks to Kevin about what his job involves.

After a while Kevin left his post in youth offending to work as a team leader at a children's home in the town.

He says he found it difficult as he was dealing with children who would rather have been living with their families.

At times the tense atmosphere made him feel like he was 'walking on eggshells every day'.

Kevin said: "You had a situation where some kids got on with others and some kids didn't get on so well.

"Although it was tough, it was a good experience for me to be in that kind of environment.

"The kids were always being moved around and sometimes

you didn't think it was the right time for that particular young person to be moved on."

Kevin left his post after a few months when the pressure finally got too much.

However, he found that landing another job was hard because all the posts he applied for required qualifications.

Eventually, he settled at Lea Manor Youth Centre where he became a youth worker.

He also went to back to the University of Bedfordshire where he started a degree in Youth and Community Studies.

He said: "I found that there were a lot of issues at the youth club.

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AWARD: Kevin at the ceremony which took place at Malborough House in London. He said the award has 'motivated him to do more useful community projects'



"We had young people coming in to tell us about their problems and how they been robbed but they didn't want to go to the police because they didn't think it would help.

"So we started a street robbery awareness project called Street RAP where we worked with both victims and individuals who had committed robberies.

"Luckily we got some funding

from my university and we also received some support from other agencies."

As part of the project, Kevin and his team sent out a questionnaire to 1,000 kids in the area about their experiences.

They found that although the police had said reports of robberies were going down, youngsters were saying this was because they had stopped

reporting the crimes.

They feared retribution because they knew the robbers.

Kevin said: "It was a good project because it is relevant to young people and I was able to see first hand how they responded to our work.

"Kids come to the youth centre because they want to be there. They appreciate that we are there for them."

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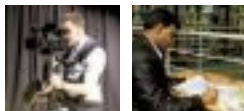


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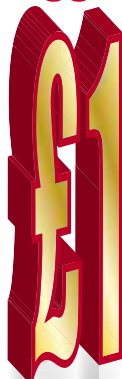
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Pensioner 'exhausted' by foliage problems

BY CARL MUNGAZI
carl.mungazi@lutononsunday.co.uk

A RETIRED man has said he is 'exhausted' after trying to get the council to deal with overgrown shrubbery that is blocking parts of a pavement.

Ron Wilson, 80, of Fieldgate Road, Luton, says he has been 'complaining' to Luton Borough Council for the past 23 years about the vegetation that has spilled out of a front garden on Dunstable Road opposite the playing field at Chaul End.

The pensioner (pictured), who is a former Labour Party secretary for the Challney Ward, says he has lobbied various councillors over the issue but has become frustrated with the inaction by the authority over the years.

He said: "It's been going on for



over 20 years. I first complained to individual councillors when I was 63 and since then I have taken it to the community forum. I have tried cut it once before with a spade but it achieved nothing because the roots are quite strong.

"I can't do any more now and it's up to the council to go down

there and get something done about it. I am exhausted, my MP is aware of this but he can't do anything about it.

"The council is far too comfortable and when it sees something difficult they don't touch it. So many other pavements have encroaching plants like this and occasionally the council cuts it."

A spokeswoman for the council said: "Mr Wilson believes an area of land adjacent to the footpath on Dunstable Road is public highway rather than private land; we believe the area is private land and explained this to Mr Wilson at the end of last year.

"Following a meeting with Mr Wilson last Thursday, we are again investigating the area he is concerned about. We are confident there are no safety issues outstanding."

Armed robber had bandana disguise

A MAN who committed robberies while armed with a knife and an imitation firearm has been found guilty of three armed robberies.

Mark Crawford, 25, from Eldon Road, Luton, was found guilty by a

jury at Luton Crown Court on Tuesday for the spate of crimes that included a 14-year-old victim.

Mr Crawford had been charged by the South Bedfordshire Robbery Unit for the offences

which took place in Parkside Drive on April 2, Sandringham Drive on April 28 and again in Parkside Drive on April 30.

The jury heard how he had disguised himself with a bandana and

sunglasses as he stole mobile phones and an iPod. He will be sentenced on December 7.

Bedfordshire Police Detective Constable Rebecca Kitts said: "I am pleased with the jury's decision."



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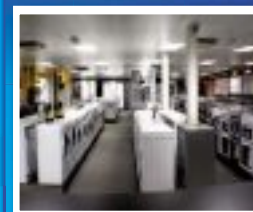
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Britain's Leading Bedroom Retailer Launches The Ultimate Shopping Experience

THIS MONTH DREAMS UNVEILED A NEW STYLE BED AND BEDROOM FURNITURE SUPERSTORE IN DUNSTABLE AT WHITE LION RETAIL PARK.

The new store design creates what Dreams believes to be an inviting and relaxed shopping experience and is currently only being rolled out at select locations across the UK. The store is one of the first of its kind in a project that Dreams is calling Customer First.

Dreams has used its 25 year experience and customer feedback as inspiration for the store design and provide a comfortable environment for customers, with design, layout and navigation all geared towards easy and relaxed shopping.

Dreams is a bed manufacturer as well as a retailer, in fact Dreams is one of the largest manufacturers in the UK and this means they can bring **outstanding quality** products at **amazing value** because the production line cuts out the middle man.



"When you walk into a Dreams store, there is no hard sell, our staff take pride in finding the right bed for you and the key to our success is listening to our customers' needs and using our expertise to make recommendations on what will work for you."

says Chris Daniel,

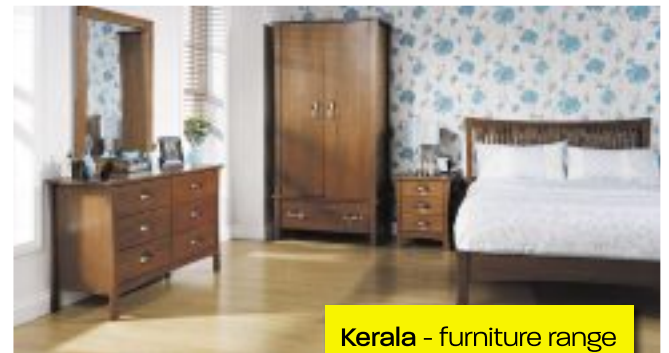
Retail Director.

The best thing about buying a new bed from Dreams is trying before you buy. In store the staff will recommend you try a number of different mattresses for comfort, to ensure they find one that is right for you.

What's more, you have 40 nights to try out your new mattress at home and if it isn't right they will happily replace

it as part of their **40 Night Comfort Guarantee!** The Dreams comfort exchange is offered as an additional service to customers underlining the commitment of providing a great night's sleep. Another good reassuring aspect of the Dreams offer is the **Price Promise** – if you find the same bed at better value they'll refund the difference plus £10! So why not visit the store to see for yourself, how finding beds, bedding and furniture to suit your home, taste and budget has never been so easy?

Dreams will be showcasing a number of new beds and bedroom furniture ranges, from children's roomsets to modern and affordable TV beds and design-inspired



Kerala - furniture range

furniture. Whether you prefer a contemporary bedroom style, or like a more luxurious boudoir feel when you head for bed, Dreams can help you create your own ideal bedroom – delivered and fully assembled for ultimate convenience. **Dreams also offers an old mattress collection** service for its customers, meaning all the hassle of removing your old mattress is taken care of. They even ensure they are recycled! The entire bedroom buying experience is seamless with Dreams!

Dreams caters to all design tastes and can offer bedroom solutions for everyone. From the latest in technology and sleek design to big brands supplying collections exclusively to Dreams including **Tempur, Myers and Slumberland**, Dreams' extensive range caters for all.



Dreams has a broad range of mattresses, including its own memory foam range, Therapur. Therapur is an innovative therapeutic memory foam sleep collection, developed for those who experience discomfort or interrupted sleep, or who are simply

Dreams has used its 25 year experience and customer feedback as inspiration



Kyoto TV Bed - exclusive to Dreams



—You're not dreaming!

seeking a more comfortable sleep experience.

The store also stocks an **exclusive Octaspring** range of mattresses from Dormeo, created especially for Dreams customers. The latest in memory foam spring technology, the Octaspring range uses traditional mattress springs and combines it with memory foam to offer the best of both worlds!

Innovation crosses over into bedstead and furniture design too. The Kyoto, exclusive to Dreams, is the latest offering. It is the ultimate source of digital entertainment while remaining sleek and stylish. With the simple touch of a button, you can raise the built-in flat screen TV and watch in comfort. It is cleverly concealed in the



new Palermo, the cutting edge in style and practicality. Coming in a choice of black or red, it has a brilliant modern and contemporary design that makes a real statement in any bedroom. An extra benefit is the ottoman storage; simply lift up the mattress to reveal the convenient spacious storage area underneath!

So you can see Dreams



Palermo - spacious ottoman storage

footend of the bed, so you can just as easily lower it when it's not in use. The Kyoto also features a built-in blue tooth compatible iPod docking station and speakers, which is perfect for listening to music any time of the day!

Maybe you'd prefer the

really do cater for every style and taste and the in-house experts can help find the perfect bed for you! What's more, the new store is open until 8pm Monday to Friday, 6pm Saturday and from 11am-5pm on Sunday, so you can browse the store at a convenient time for you.

See the technology...

Greater comfort

Ventilation

Support

Octaspring - latest memory foam spring technology

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Barnfield Federation takes over another high school



THE Secretary of State has approved academy status for Putteridge High School.

Barnfield Federation will take over the school, which will officially be renamed 'Barnfield East Academy' next year. A statement from the Barnfield Federation

said: 'As part of a Federation we are much stronger than being alone and as a result, benefit from economies of scale that enable us to deliver and purchase goods and services in a much more cost effective and efficient manner, as well as allowing enhanced invest-

ments in the future.' The Barnfield Federation is currently made up of Barnfield College and A-Level Sixth Form, Barnfield South and West Academies, Barnfield Vale Academy, Barnfield Skills Academy and Barnfield Moorlands Free School.

Council document shows attendance

BY CARL MUNGAZI
carl.mungazi@lutonsunday.co.uk

ONLY four councillors had a 100 per cent attendance record in the last year.

According to a draft annual report of the Standards Committee, Labour Luton Borough councillors Melvin Cato, Yaqub Hanif, Dave Taylor and Don Worthing had a 100 per cent attendance record for all the meetings, panels and committees they sit on.

The report, which states that the numbers are 'not a comprehensive list of meetings attended by

elected members', showed that nine councillors failed to turn up to fewer than three quarters of meetings, with only 20 councillors achieving an attendance record of more than 90 per cent.

Of the main political party leaders, Councillor Hazel Simmons had a 96 per cent record while Councillor David Franks, the leader of the Liberal Democrats was on 70 per cent, with Conservative leader Councillor Garrett on 83 per cent.

In May this year Councillor Robin Harris, who had an attendance of 88 per cent according to the report, said councillors could

have their pay cut for not attending meetings after Luton on Sunday reports uncovered members with poor attendance records.

The reports also uncovered failings in the attendance recording system; an issue the authority said it would rectify.

A spokeswoman for the council said: "We have looked into this and it is not possible to legally penalise members by making deductions from their allowances.

"However, a great deal has been done by members to ensure attendance at meetings and we are confident this will continue."



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- **Check your vehicle is regularly serviced**
See your owner's manual for the correct service interval.
- **Check oil level**
Do this when the engine is cold. See your owner's manual for any vehicle-specific instructions.
- **Check water levels**
Top up correctly and check the anti-freeze content of your cooling system.
- **Check exterior lights and indicators**
These must not have missing cases, cracks or damage, and must be kept clean. It is also advisable to carry a spare bulb kit, see your owner's manual for fitting instructions.
- **Check dashboard lights**
Make sure your warning lights are operating correctly. If any are not working or stay on when they should not be, get the problem checked at the first opportunity.
- **Check tyre pressure and treads**
And don't forget the spare tyre! See your owner's manual for correct tyre pressure. This can also sometimes be found on a metal plate as you exit the driver's door or inside the fuel cap cover. The minimum legal tread depth for cars and light commercial vehicles is 1.6mm. Failure to comply may result in penalty points and a fine of up to £2,500.
- **Check wiper blades**
Replace if worn, damaged or split. If your blades smear the windscreen, try wiping them with a detergent such as washing-up liquid or mild acid such as vinegar.
- **Check windows and washer water level**
Ensure windows are clean inside and out. It can be very dangerous to run out of washer spray when you need it most. Ensure nozzles are correctly pointing at the windscreen. Screenwash recommended.
- **Check battery level**
If low, top up with distilled water (unless the battery is maintenance free). Check connections are free from corrosion and fit tightly. Take extra care when handling your battery since its acid is highly corrosive to skin and paintwork.
- **Check jack and tyre-changing equipment**
Familiarise yourself with their use so that you would be confident changing a tyre in an emergency. If your vehicle has locking wheel nuts, ensure the locking key is safely stowed in the car. See your owner's manual for further details.

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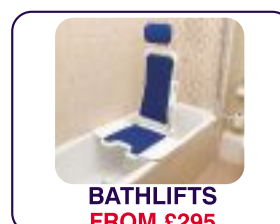
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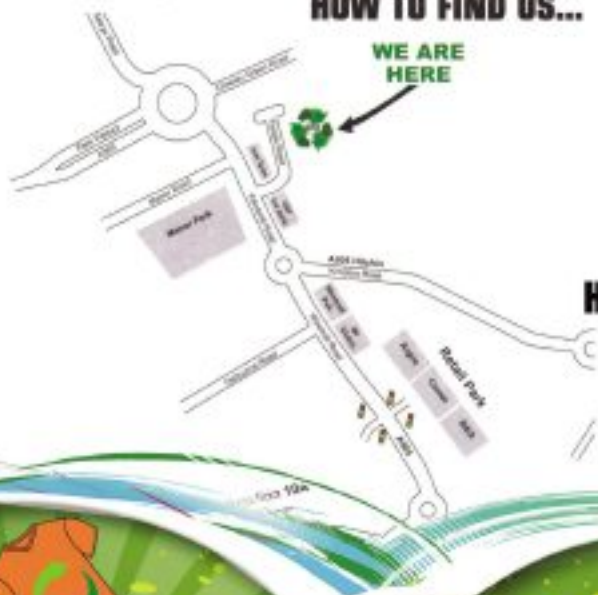
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Starter

- Roast pepper and tomato soup (v)
- Creamy garlic mushrooms on toasted crostini with side salad garnish (v)
- Smoked mackerel with puy lentil and pear salad with lime dressing
- Warm chicken and bacon salad with balsamic dressing

Main Course

- Roast Turkey breast with homemade sausage stuffing, bacon wrapped sausage, roast & new potatoes, seasonal vegetables with rich gravy accompanied with cranberry and bread sauce
- Roast duck breast served with a port wine jus, dauphinois potatoes and seasonal vegetables
- Poached supreme of salmon with avocado sauce, buttered & minted new potatoes and seasonal vegetables
- Butternut & chilli squash walnut crumble served with sauted new potatoes and mixed green leaf salad (v)

Desserts

- Homemade Christmas Pudding served with either homemade brandy sauce or cream
- Chocolate roulade with piped cream fanned strawberry coulis and berries
- Winter berry crème brulee
- Cheese and biscuits, grapes and celery plate
- Homemade Mini Mincepies

Vegan or dietary requirements

Newlands Road, Luton, Bedfordshire, LU1 4BQ
01582 720355 admin@lutonrugby.com www.newlandsluton.com



Silent night? Or maybe not...

Bring on the party people. Whether it's the office 'do', the works outing or the company bash, Christmas is the one time of year when everyone can share the fun, the glamour and the gossip!

Dancing is good for you; it's official. You don't have to be Darcy Bussell or even a competitor on Strictly Come Dancing; you just have to get up and have fun. You may hate going to the gym but when you hear that

pounding bass your body can't help but start to move and you will shift those calories as surely as if you are lifting those weights and pounding along on that treadmill. And you can forget the jogging pants and the sweat bands; go clubbing in Luton this Christmas and dress to impress.

As for New Year, when the clock strikes midnight, why not resolve to celebrate 2010 in style - right here in your home town.

'Tis the season to be jolly - hic!

Festive celebrations are part and Christmas parcel of Christmas. But they can all take their toll, especially on the liver!

Without wanting to spoil the fun, here are a few tips on how to help you survive the excesses of the party season.



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Festive Celebration Menu

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30th December 2012
(Excludes Christmas Day and Boxing Day)

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Starters

- Roasted Tomato and Double Cream Soup (v)**
Served with half a baguette and butter
- Prawn Cocktail**
Juicy prawns served on a bed of salad leaves topped with Marie Rose sauce, served with sliced buttered brown bread
- Chicken and Liver Herb Pâté**
Served with toasted brown bread and a rich fig, date & rum chutney
- Mushroom Rarebit¹ (v)**
A grilled flat mushroom stuffed with a Cheddar cheese rarebit topped with rocket leaves
- Melon Medley¹ (v)**
Served with a festive Port sauce

Mains

- Hand-Carved Roast Turkey**
Served with roast potatoes, Brussels sprouts, Yorkshire Pudding, carrots, garden peas, honey-roasted parsnips, chipolata, onion & sage stuffing and gravy
- 7oz* Rump Steak with a Festive Sauce¹**
Brushed with our Beefeater Grill garlic glaze and served with half a grilled tomato, a grilled flat mushroom, an iceberg wedge topped with blue cheese and crumbled Stilton and bottomless chips
- Why not upgrade to Sirloin steak for £2.00 extra**
- Salmon Fillet** with a Herb & Crème Fraîche Crumb**
Served with buttered potatoes, tender stemmed broccoli and a Béarnaise sauce
- Chestnut, Goats' Cheese & Red Onion Roulade (v)**
Served with roasted potatoes, Yorkshire Pudding, seasonal vegetables, and a winter fruit gravy

Desserts

- Christmas Pudding¹ (v)**
Served warm with brandy sauce and finished with your choice of ice cream, cream or crème fraîche
- Profiteroles (v)**
Served with chocolate & orange sauce and finished with your choice of ice cream, cream or crème fraîche
- Mince Pie Ice Cream Sundae¹ (v)**
Dairy ice cream made with spiced fruits and shortbread, topped with a whip of cream and a chocolate wafer swirl
- Irish Cream Liqueur Cheesecake¹ (v)**
Served with cream
- Ice Cream (v)**
Topped with chocolate flavour fudge sauce or raspberry sauce

Festive Celebration Kid's Menu Available for children aged 12 or under

Mains

- Hand-Carved Roast Turkey**
Served with roast potatoes, garden peas, chipolata, sage & onion stuffing and gravy

Desserts

- Christmas Pudding¹ (v)**
Served warm with custard
- Ice Cream(v)**
Topped with chocolate flavor fudge sauce or raspberry sauce

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How much is too much?

We have all heard about the number of units we should or shouldn't drink, but what does this really mean?

A unit of alcohol is 10ml of pure alcohol. Counting units of alcohol can help us to keep track of the amount we're drinking. It's important to bear in mind that some drinks are available in different strengths; this is especially true if you're drinking export beers, high strength beers or pouring your own measures at home as they are usually far more generous than pub measures.

The Department of Health's guidelines state that men can drink around 3 units of alcohol per day, or no more than 21 units a week, without serious risk to health.

This amount is reduced to around 2 units per day, or no more than 14 units a week, for women. These daily amounts apply whether you drink every day, once or twice a week, or occasionally.

The guidelines also recommend having a few days each week where you don't drink at all, but don't 'store up' your units and then binge drink (drink to get drunk) at the weekends. Binge drinking can affect your personal safety and put you at risk of serious health problems.

And if you're expecting a baby, advice from the Department of Health states that ... 'pregnant women or women trying to conceive should not drink alcohol at all. If they do choose to drink, to minimise the risk to the baby, they should not drink more than 1-2 units of alcohol once or twice a week and should not get drunk'.



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Cruze Hatchback 2.0 VCDi LT price includes metallic paint at a cost of £445. Spark and Aveo shown feature metallic paint at an extra cost of £425. Offer available until 31st December 2012. *0% APR Representative. Minimum 10% deposit. Finance subject to status. Terms and Conditions apply. Applicants must be 18 or over. Guarantee/Indemnity may be required. Finance by Santander Consumer (UK) plc, RHI 1SR. Offers available at participating Dealers only and not available in conjunction with any other offer. Warranty expires at 5 years or 100,000 miles, whichever occurs first. This offer includes Chevrolet's standard Customer Care Commitment of a 2 year unlimited mileage manufacturer's warranty, and third year manufacturer's warranty with a 60,000 mile limitation. Years 4 and 5 are an insurance-backed warranty up to a maximum of 100,000 miles. The warranty excludes wear and tear and serviceable items and the vehicle has to be serviced in accordance with the manufacturer's servicing schedule. 5 year warranty is available on retail registrations and at participating Dealers only. Prices correct at time of print.

Official Government Environment Data. Fuel consumption figures mpg (litres/100km) and CO₂ emissions (g/km). Chevrolet Spark Range: Urban 42.8 (6.6), Extra Urban 67.3 (4.2), Combined 55.4 (5.1) CO₂ emissions 119g/km. Chevrolet Aveo Range: Urban 34.0 (8.3) - 67.2 (4.2), Extra Urban 55.3 (5.1) - 85.6 (3.3), Combined 44.8 (6.3) - 78.4 (3.6) CO₂ emissions 147 - 95g/km. Chevrolet Cruze Hatchback Range: Urban 26.4 (10.7) - 51.3 (5.5), Extra Urban 49.5 (5.7) - 72.4 (3.9), Combined 38.1 (7.4) - 62.7 (4.5) CO₂ emissions 174 - 117g/km.

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Lighting Up Luton

Featuring The Mend

With chilly misty days and long dark nights, it's certainly beginning to feel a lot like Christmas. So come and join us for this year's exciting celebrations beginning this Sunday (18 November) from 11am until 5.30pm for Luton's Christmas lights switch-on.

It's sure to be a wonderful day out for all the family with festive events and activities hosted by the Council. Watch This Space Events and The Mall throughout the day.

Make a great start on your Christmas shopping with a range of gifts and crafts in St George's Square marquee including homemade cards, candy floss, Indian crafts, children's toys, bath products and much more while youngsters enjoy themselves on the mini funfair rides next to the marquee.

Christmas wouldn't be the same without singing. Enjoy the sweet melodies of Choirs Aloud, this year's spectacular Christmas choir competition, running throughout the day in the St George's Square marquee.

The amazing JezO will also keep you transfixed with high energy comedy and magic in the St George's Square marquee from 12.30-1pm and 2.30-3pm.

Look out for mini performances of The Great Rabbit Rescue in St George's Square from the cast of Rapunzel, this year's pantomime at The Luton Library Theatre. Enjoy street performers and entertainment throughout the town centre including roller-skating snowmen and street artists.

An impressive range of local talent will also be entertaining passers by on the Christmas Community stage in Market Hill Square - see www.lutonculture.com/lightingupluton or call 01582 878100 for details on performers and times.

Organised by:

LUTON
BOROUGH COUNCIL

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Lighting up Luton 2012 is jointly managed by The Mall Luton, and Watch This Space Events, a division of Watch This Space

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on for Christmas

Don't forget to stop and say hello to Santa's reindeer and the Smiley Sam train in aid of Keech Hospice Care located outside the Town Hall all day.

And don't miss your chance to mix and mingle with that much-loved cartoon character Scooby-Doo in Smith's Square from 12-12.30pm, then join Santa and his friends with Scooby-Doo in the Mall's Christmas parade, starting at 1.30pm from Santa's throne in Central Square.

At 3.30pm, the fabulous stage show in Smith's Square with Heart FM features the Mend from TV's Britain's Got Talent, counting down to the Mall Christmas lights switch-on at 5pm.

Make sure you wrap up warmly before joining us at 5pm for the twinkling Lantern Parade on its magical route from Market Hill. Led

by The Christian Motorcycle Society, Keech Cottage and featuring children from Park Town Children's Centre with the Bookstart Bear, Luton Churches Together, Rapunzel and many more.

Everyone is invited to gather outside the Town Hall at 5.30pm with Cllr Syd Knight - the Mayor of Luton, Santa, JezO, and The Mend from Britain's Got Talent for the count down to the big switch-on to see Luton light up before your eyes. The evening will be topped off with traditional Christmas carol carols led by the Salvation Army band.

The Mayor said: "This is a magical time of year and Sunday promises to be an exciting family event with something for everyone. With so much to do and see on the day, and the chance for some top-rate festive shopping, I hope to see you there. Don't miss the fun!"

The Christmas Community Stage Market Hill Sunday 18th November

11.00am - Thomas Jones - Acoustic Acts
11.15am - Dan Ellis - Hip Hop Artist
11.30am - New Generation Youth Theatre - Dance and Drama
12.00pm - Tamar Evelyn
12.15pm - Shanice - Vocalist
12.30pm - New Grime - Band
13.00pm - Lost While live - Band
13.15pm - Angee Massaih - Vocalist
13.25pm - Teela J Hughes
13.25pm - Naamah Palmer - Vocalist
13.45pm - Learnna Pollard & Nas Smallz - Vocalists
14.10pm - Pamela Moody - Acoustic Act
14.30pm - Good Little Roses - Band
15.00pm - Danny Reyntiens - Vocalist
15.15pm - Billy Harrington - Vocalist
16.00pm - Luton Mencap - Signing Choir
16.30pm - Katongo - Vocalist
16.45pm - Jazz Black - Vocalist

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Avoiding a hangover

If you can't be sure of watching what you are drinking, the following tips may help to reduce the effects of a hangover

1. A good meal or a few glasses of milk before you start drinking will help to line the stomach
2. Apparently 'dark' drinks, such as red wine, brandy and port are more likely to cause a hangover. This is because they contain 'congeners', a chemical by-product of the fermentation process. You may want to avoid these.
3. Alcohol is very dehydrating, so try to drink water and non-fizzy soft drinks between alcoholic ones. This will help to keep you hydrated. Avoid the fizzy drinks, as these can help to speed up the absorption of alcohol into the bloodstream.
4. Fresh air is always good, so if you can, walk home – as long as it is safe to do so. This will also avoid the temptation to drink and drive!
5. Drink some water before you go to bed.

Hangover cures

**There are too many to mention here,
and most of us have our own
hangover cures that work for us,
from the 'hair of the dog' to a
good fry-up.**

However, probably the best and most obvious cure is prevention; drink less alcohol and you are less likely to get a hangover.



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There's nothing like a good night out to get you into a

festive frame of mind!

It may be a drink with friends, a romantic dinner with a loved one or a trip to the theatre with the kids. The year may have been difficult, money may have been tight, but put your cares behind you for a couple of hours and let the spirit of Christmas bring goodwill to all men - and women and children too!

Tucking in...to eating out

When you tire of turkey (and that can be well before December 25 even dawn) there's a great choice of places to eat out locally.

You can try a different style of cuisine every night of the week if you want; whether it's Chinese, Indian, Thai, Lebanese, Italian, Greek, Mexican - the list goes on. But if you are up for some classic fare with all the delicious trimmings you won't go hungry either because dining out in Luton can be as

traditional an experience as it is a cosmopolitan affair; roast turkey and stuffing followed by Christmas pudding with brandy butter will always be on the menu at this time of year.

Just take a stroll round town and see. It's all there, the choice is yours. Service with a seasonal smile and quality that you can afford. And even better - there's no washing up afterwards of sticky pots and pans!





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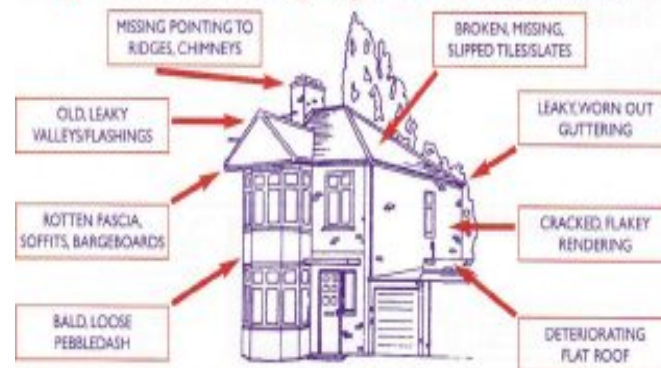
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The Good Eating Out Guide



Finnegans Café has just been reunited with it's former owner Finigan Jean. After his travels around the world, he has returned with a wealth of knowledge, and ideas for cultural cuisine. He wants to make the public aware that Finnegans Café is changing for the better.

The café will open from 7am through-out the day and early evenings, so start your day, with the most important meal of the day with a choice of breakfasts: from traditional, continental or Caribbean and a selection of speciality coffee/teas, both Finigan and his staff will be happy to serve you with a warm welcome.

Using his culinary skills and experience gained over the years, Finnegans Café is offering good hearty food, of a different experience to the local community through-out the day, all cooked to order whilst you wait.

Finnegans Café will be running special promotions for excellent value and they can also cater for weddings, special occasions and private functions.

Finnegans Café is also on the lookout for well known people born and bred in Luton to place on his wall of fame – Anyone who has professionally represented Luton for example in sports, politics, music or anything else, should pop in for a meal with their photo! (and we'll be happy to reminisce - up the town!).

Finnegans
2 Manor Road Luton, LU1 3HN
01582 486 111



Michael has a fantastic reputation for good traditional Italian food due to the success of his restaurants in Dunstable and Ampthill.

He focuses his Italian run businesses on good service with many traditional & contemporary dishes available. Donatello's makes a great Lunch venue or an excellent evening event for parties, birthdays, family or Romantic meal. Michael always has many special offers to suit your budget.

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Be Gorgeous
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This is one amazing ladies night out not to be missed. Register your attendance now on Facebook.com/LutonCasino and head to our events page.

For more information please call Elaine on 01582 813780

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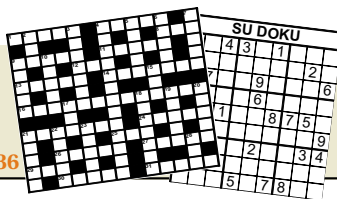


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leisurenow

Dancing the Dirty way down the Grove

MUSICAL

AN EVENING OF DIRTY DANCING THE GROVE THEATRE

Friday, 7.30pm

AN Evening of Dirty Dancing is a tribute show to one of the most famous film movie soundtracks of all time.

Although this show is not affiliated with the West End production or the UK tour of Dirty Dancing, it features all the songs that made Dirty Dancing a popular film such as Do You Love Me, She's Like the Wind, Big Girls Don't Cry, Hey Baby and Wipeout.

Dirty Dancing is a 1987 American romance film that had Patrick Swayze and Jennifer Grey as the lead couple.

In the original feature, Grey played Frances 'Baby' Houseman, a teenage girl who begins a relationship with a dance instructor (Swayze) while on a family holiday.

One of the actresses on show on

Friday will be Jenna Lee-James.

Jenna is one of the few actresses to have played both female lead roles of Scaramouche and Meatloaf in the Queen musical We Will Rock You.

She also starred alongside Lee Mead and Gareth Gates as the Narrator in Andrew Lloyd Webber's Joseph at the Adelphi Theatre.

Jenna will be starring alongside Matt Firth who is originally from Leeds and has appeared in West End productions.

These productions have featured a number of hits, which include, among others, the Rod Stewart rock musical Tonight's the Night, Fame the Musical as well as touring for season with the Royal Shakespeare Company.

Tickets for the event will cost £18.

You can book your tickets by calling the Grove Theatre box office on 01582 602080.

Alternatively you can do so or by visiting the website at www.thegrovetheatre.co.uk



GETTING DOWN TO IT: Dirty Dancing has wowed audiences

Rock out to the punk sounds of Adam Ant and his mad posse

MUSIC

ADAM ANT

The Alban Arena, St Albans

Tuesday, November 27, 8pm

PUNK musician Adam will be bringing his live show to The Arena as part of the support for his recently released Album 'Adam Ant Is The Blueblack Hussar In Marrying The Gunner's Daughter'.

He will be joined by The Good, The Mad and The Lovely Posse, and the show will not only feature songs from his new solo album, but will also include the classic hits.

These include numbers such as Antmusic, Dog Eat Dog, Goody Two Shoes, Prince Charming, Kings Of The Wild Frontier, and Stand And Deliver.

Adam and the Ants have been performing since May 1977 and they were part of the punk rock movement of that era. But Adam split from the group in 1982 and went on to start a solo career, with Marco Pirroni as his songwriting partner.

During this time he also formed a new band, making his debut in October 1982.

In 2008, Adam was presented with the 'Q Music Icon Award' placing him alongside past recipients such as Sir Paul McCartney and Bryan Ferry.

This recognition resulted in a series of gigs in 2010 which enabled Adam to select a new band and to perform several shows in London.

Adam Ant and The Good, The Mad and The Lovely Posse played to many crowds last year, and after his recent tour of Australia, 'the BlueBlack Hussar', he has also appeared at many festivals this summer, before beginning his UK tour.

Tickets cost £28.50, with standing tickets at £25.

To book call 01727 844488 or visit www.alban-arena.co.uk for more information, as well as online bookings.

Find out more about Adam Ant by visiting his website at www.adam-ant.com

To advertise in these leisure pages call 01582 700800 or email advertising@lutononsunday.co.uk

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SU DOKU								
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SU DOKU Solution for last week
4 7 8 6 3 1 9 5 2
3 2 9 8 5 4 1 7 6
1 5 6 9 7 2 8 3 4
5 8 3 1 4 9 6 2 7
9 6 4 2 8 7 3 1 5
2 1 7 5 6 3 4 9 8
6 4 2 3 9 5 7 8 1
8 9 1 7 2 6 5 4 3
7 3 5 4 1 8 2 6 9

ANSWER: MATCH FIVE
BLEAT. LEAST. STALE.

UJER: Brain Strain
 UJER: Beon, Beer, Bein,
 Belier, Bene, Beni, Benzil,
 Berlin, Berline, Bezel,
 Bier, Bile, Bine, Birl, Bifle,
 Blue, Blur, Bre, Bren,
 Brine, Brule, Brulzie, Burn,
 Burn, Liber, Nebel,
 Nize, Nebule, Nudile, Rebel,
 Rubin, Ruble, Zabu & Z?

SU	DOKU							
Solution for last week								
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9	6	4	2	8	7	3	1	5
2	1	7	5	6	3	4	9	8
6	4	2	3	9	5	7	8	1
8	9	1	7	2	6	5	4	3
7	3	5	4	1	8	2	6	9

ANSWER: MATCH FIVE
RELAY - LAST STALE
LABEL - BASTE

ANSWER: BRAIN STRAIN
NESBURY - DARRIN - BEAM - BOAT - BENZIS
BONE - BARRY - BARBERS - BLUE - BRILL
BLISS - BARKER - BARNES - BUZZ - BURR
BUFF - BONE - BLISS - BURKE - NABEL
NEBUZIZAS - NEUBER - NABEL - REBEL
RELUZAS - RUBINS - ZEUS - SIZZ

T	A	E	K	W	O	N	D	F	O	O	T	J
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M	S	R	V	X	L	N	W	D	C	D	Y	E
M	I	E	O	M	C	C	N	J	I	K	U	R
N	D	B	E	T	U	O	Y	E	U	S	E	J
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Nº	2	-	5
Fun!	+	4	÷
49	4	x	9

Last week: $5 \div 5 + 8 - 6 \times 7 = 21$

How many words of four letters or more can you make? No plurals, proper names or foreign words. All must include the centre letter.

Good: 18 Maestro: 35+

PUZZLES FOR PEOPLE

2012 QUICKSOLVE?
© S. Decker 5 Nov. 2012

2. Dominion (6)
5. Contents table (5)
6. Make (6)
7. Pigs (5)
8. Start growing (6)
10. Be helpful (6)
12. Tendency (5)
14. A bivalve (6)
15. Sea air (5)
16. Lounge (6)
1. Chew (4)
2. Too much (6)
3. Perfect insect (5)
4. Threw out (7)
7. Shades (7)
9. Car fuel (6)
11. Eye protection (5)
13. A number (4)

Series N°0

ACROSS: 1.District 6.Alcoholic 7.Apt 9.Scorn
10.Lever 12.Bar 13.Essential 14.Trinidad
DOWN: 2.Salt 3.Room 4.Crouch 5.Diurnal
6.Appease 8.Meteor 11.Eton 12.Bald

T	Y	E	T	S	A	B
R	A	L	M	E	L	S
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S	L	L	U	P	B	W

I	A	L	T	B	A	S
C	R	U	A	E	S	A
H	A	S	L	B	D	E
E	T	B	E	T	E	L
E	D	A	L	B	E	L
R	O	U	S	E	R	S



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FOR FAST, UP TO THE MINUTE LOCAL NEWS

onsunday LUTON

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the stables

Monday 19 November, 8pm
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Expect a few new numbers and a host of
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THE HEATH QUARTET
World-class string quartet with repertoire
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FREE pre-concert talk at 7pm.
Tickets £13.50, £18.50, students £6

Wednesday 21 November, 8pm
HORSE
One of the finest singers in Britain,
Horse joins us as she tours her latest
album.
Tickets £15

Thursday 22 November, 8pm
JOHN SHUTTLEWORTH
The much-loved funny man returns to The
Stables with his new show Out Of Our
Sheds.
Tickets £17

Friday 23 November, 8pm
LONDON COMMUNITY GOSPEL CHOIR
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all gone!
Tickets £21

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announcements

view the guest books at www.luton-dunstable.co.uk/announcements

Birthdays

TERRY ELEY
Happy 60th
Birthday
17.11.2012
Lots of love Janet,
Louise, Claire,
Richard, Donald,
Jazzmin, Jack,
Elizabeth &
Bronwyn xxx

**JOHN TIMOTHY
JUNIOR
MURRAY**
Love you very much

Deaths

PALLET Margaret Ann of Luton passed away peacefully in the Keech Hospice on 12th November 2012 aged 75 years. A wonderful Wife, Mother and Grandmother, greatly loved and so very missed, Funeral service to take place at Luton Crematorium on Wednesday 21st November 2012 at 9:00am. Family flowers only by request donations welcome for Keech Hospice Care and may be sent via www.memorygiving.com/margaretmallett. For more information please contact Neville Funeral Service Tel: 01582 490005.

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Hope springs eternal as couple try to reconnect

FILM

HOPE SPRINGS (12A)

The Grove Theatre, Dunstable
Monday-Tuesday, Various Times

AFTER 30 years of marriage, Kay (Meryl Streep) and Arnold (Tommy Lee Jones) wants to spice things up and reconnect with her husband.

When she hears of a renowned couple's specialist (Steve Carell) in the small town of Great Hope Springs, she attempts to persuade her sceptical husband, a steadfast man of routine, to get on a plane for a week of marriage therapy.

The week-long intensive counselling session is supposed to resurrect their relationship.

But convincing the stubborn Arnold is not all that stands in her way. The real challenge for both of them comes as they shed their bedroom hang ups and try to re-ignite the spark that caused them to fall for each other in the first place.

Tickets cost £6, with concessions at £4. You can book by calling the box office on 01582 602080.



Art for all ages

EXHIBITION

STOCKWOOD PARK CENTRE

Stockwood Park Centre, Luton
Open now until Saturday

POP along and see a huge piece of art in the form of a decorated gypsy wagon in the town that has been created by youngsters in the town.

Vardo Art is the grand finale of Luton Culture's 'Stories of the World' programme, a programme that been running for two years, engaging young people in museum exhibitions and cultural activities to celebrate the London 2012 Games.

The main aim of Vardo Art is for young people to decorate a Romany living-wagon, or 'Vardo', for the Luton Culture collectionb and it will remain on display at Stockwood Discovery Centre after decoration is complete.

Entry to the exhibition is free and you can visit www.lutonculture.com for more information.

Exclusive look at show

AUDIENCES will be given a chance to preview original dance pieces before the rest of the nation when The Hat Factory Associate Artists, Julia Cheng and Shane Shambhu, presenting works in progress from their new contemporary dance and theatre shows. Julia will be showcasing her Breeze, a duet which comprises of a collaboration between Leroy Dos Santos and herself.

The story inspired by Chinese philosophy and hip hop/contemporary dance styles and explores the clash between ancient eastern philosophy and western culture.

Shane will present Power Games, piece of work he did alongside Richard Causier, Rebecca Thomas and Hian Ruth Voon.

This ensemble mixes theatre, dance and movement to create an exciting new storytelling style.

The story follows the life of a wealthy banker whose life is getting wildly out of control.

SUNDAY'S TV 18.11.12

CHOICE



Suranne Jones

The Secret of Crickley Hall BBC1, 9pm

If there's one upside to the dark, cold November nights, it's that they provide the perfect conditions for snuggling up on the sofa and watching a spooky drama. Suranne Jones and Tom Ellis star as Eve and Gabe, a London-based couple who move to the north, hoping a change of scene will help them recover from the mysterious disappearance of their young son. Sadly, their new home of Crickley Hall proves anything but comforting, as things go bump in the night – and flashbacks to 1943 suggest the building could have a tragic history.

BBC1

6.00 Breakfast. **7.25** Match of the Day. (R) **9.00** The Andrew Marr Show. **10.00** Sunday Morning Live. **11.00** Sunday Politics; Weather for the Week Ahead. **12.25** Countryfile. (R) **1.20** Bargain Hunt. **2.20** Escape to the Country. (R) **3.20** Nature's Miracle Babies. (R) **4.20** Lifestile. **4.30** Points of View. **4.45** Songs of Praise. **5.20** Nigel Slater's Dish of the Day. (R) **5.50** BBC News; Regional News; Weather.

6.20 Countryfile. John Craven and Julia Bradbury are in rural Leicestershire, visiting an Army training camp for dogs and horses, as well as planting 3,000 saplings in an empty field. Including Weather for the Week Ahead.

7.20 Strictly Come Dancing: The Results. Another couple leave and Girls Aloud perform.

8.00 Antiques Roadshow. The team arrives at the National Maritime Museum Cornwall in Falmouth, where objects include a diamond and gold ring with a grim family history. Red button viewers can play along by guessing the valuations.

9.00 The Secret of Crickley Hall. New series. Drama about a grieving London couple haunted by the children who lived in their house during the war. Suranne Jones, Tom Ellis, Olivia Cooke and Douglas Henshall star.

10.00 BBC News; Regional News; Weather.

10.25 Formula 1: The United States Grand Prix – Highlights.

12.25 Film: Hooper. (1978) **2.00** Weatherview. **2.05** Sign Zone. **2.30** Holly City. (R) **3.05** The Paradise. (R) **4.05** Film 2012 with Claudia Winkleman. (R) **4.35** BBC News.

BBC2

6.00 CBeebies. **7.00** CBBC. **10.00** Saturday Kitchen Best Bites. **11.30** The Great British Bake Off Masterclass. (R) **12.30** International Rugby Union. **1.30** Cycling: Track World Cup. **5.15** Coast. (R) **5.30** Indian Ocean with Simon Reeve. (R)

6.30 Fawcett Towers. Basil decides to enhance the hotel's reputation with an exclusive night of gourmet cuisine. Unfortunately, his new chef is distracted by hapless waiter Manuel. (R)

7.00 Operation Iceberg. Part two of two. The team boards an iceberg to determine what causes them to decay, and Chris Packham takes to the skies to conduct a polar-bear census. (R)

8.00 Sandy: Anatomy of a Superstorm. Documentary using satellite imagery, CGI mapping and personal testimonies to give an account of the effects on New York State of the storm surge caused by Hurricane Sandy.

9.00 Dragons' Den. Ideas and innovations include an update of the paintbrush, a new type of glove for golfers, a driving school for 14-year-olds and an electronic bed stored in the ceiling.

10.00 Harry & Paul. The duo reinvent themselves as Ricky Gervais.

10.30 Match of the Day 2. Highlights of Fulham v Sunderland.

11.20 Hebburn. Jack spends his first day as editor of the Hebburn Advertiser. (R)

11.50 Never Mind the Buzzcocks. With guest host Richard Ayoade. (R)

12.20 Film: My Year Without Sex. (2009) **1.50** BBC News. **4.35** Close.

ITV1

6.00 CITV: Engie Benji. **6.10** Jungle Junction. **6.25** Jungle Junction. **6.35** Signed Stories. (R) **6.50** Animals. (R) **6.55** Animals. (R) **7.05** Matt Hatter Chronicles. **7.25** Almost Naked Animals. (R) **7.35** Almost Naked Animals. (R) **8.00** Phineas and Ferb. **8.15** Phineas and Ferb. **8.30** Big Time Rush. **9.00** Good Luck Charlie. **9.25** ITV News. **9.30** There's No Taste Like Home. (R) **10.25** Dinner Deal. (R) **12.25** Dickinson's Real Deal. (R) **12.25** Countryfile. **12.40** ITV News; Weather. **12.55** Film: Carry On Henry. (1971) **2.40** The X Factor. (R) **4.00** The Home of Fabulous Cakes. **5.00** The Nation's Favourite Number 1 Single. (R)

6.30 Regional Programme; Weather.

6.45 ITV News; Weather. **7.00** Surprise Surprise. With One Direction, Team GB hockey players and the 60 Minute Makeover crew.

8.00 The X Factor Results. Another elimination and more performances by chart-topping stars.

9.00 I'm a Celebrity Get Me Out of Here! The latest stories from the Australian jungle and another unlucky celebrity faces a Bushbucker Trial to earn food for their hungry fellow campers.

10.30 ITV News; Weather. **10.45** Piers Morgan's Life Stories: Patsy Palmer. The EastEnders star talks about her career and personal life. (R)

11.45 Anglo-Welsh Cup Rugby Union. Highlights of the second round of pool matches.

12.40 The Store; ITV News Headlines. **2.40** Motorsport UK. **3.35** ITV Nightscreen. **5.30** ITV Morning News.

CHANNEL 4

6.00 The Treacle People. (R) **6.10** The Hoobs. (R) **6.35** The Hoobs. (R) **7.00** Extreme Sailing Series. **7.30** Sailing: America's Cup Discovered. (R) **7.55** Channel 4 Presents – Oscar. (R) **8.00** Will & Grace. (R) **8.30** Frasier. (R) **9.00** Frasier. (R) **9.30** Sunday Brunch. **12.00** The Big Bang Theory. **12.25** The Simpsons. **12.55** Channel 4 Racing. **3.10** Hugh's 3 Good Things. **3.40** Hugh's 3 Good Things. **4.10** Hugh's 3 Good Things. **4.40** Hugh's 3 Good Things. **5.10** Hugh's 3 Good Things. **5.40** Film: Home Alone. (1990)

7.40 Channel 4 News. **7.55** 4thought.tv. Members of the public ask whether faith is a matter of nature or nurture, in light of recent scientific studies that suggest humans may be programmed from birth to believe in a god.

8.00 How Britain Worked. Guy Martin helps with the restoration of the oldest surviving Brixham sailing trawler and discovers how Britain acquired its taste for fish and chips.

9.00 Homeland. Carrie and the team struggle to regain control of the operation. Saul visits Aileen Morgan in solitary confinement and Dana presses Finn to come clean about the hit-and-run.

10.00 Film: Watchmen. (2009) At the height of the Cold War, former superheroes discover a conspiracy when one of their number is murdered. Comic-book drama, starring Patrick Wilson and Jackie Earle Haley.

1.05 American Football Live. **4.45** Grudge Match. (R) **4.55** Deal or No Deal. (R) **5.50** Channel 4 Presents – Jonnie. (R) **5.55** The Treacle People. (R)

CHANNEL 5

6.00 Milkshake!: Peppa Pig. **6.05** Roary the Racing Car. (R) **6.15** Fifi and the Flowertots. (R) **6.25** Bert and Ernie's Great Adventures. (R) **6.30** The Mr Men Show. (R) **6.45** Olive the Ostrich. **6.50** Abby's Flying Fairy School. (R) **7.00** Roobarb and Custard Too. (R) **7.05** Bananas in Pyjamas. (R) **7.20** Animal Antics. (R) **7.25** Noddy in Toyland. (R) **7.40** City of Friends. (R) **7.55** Mio Mao. (R) **8.00** Little Princess. (R) **8.10** The Adventures of Bottle Top Bill and His Best Friend Corky. (R) **8.25** Angelina Ballerina. **8.45** Rupert Bear. (R) **9.00** Ben and Holly's Little Kingdom. (R) **9.15** Toby's Travelling Circus. (R) **9.30** Roary the Racing Car. (R) **9.40** Jelly Jamm. (R) **10.00** Power Rangers: Super Samurai. **10.35** ThunderCats. **11.10** Looney Tunes. (R) **11.15** Looney Tunes. (R) **11.20** Meals in Moments. (R) **11.30** Rolf's Animal Clinic. (R) **12.35** Film: You've Got Mail. (1998) **2.50** Film: Open Season. (2006)

4.35 Film: Charlie's Angels: Full Throttle. (2003)

6.40 5 News Weekend.

6.45 Film: Stealth. (2005) Action adventure, with Jamie Foxx.

9.00 Film: Unforgiven. (1992) Two gunslingers help a bounty hunter kill a pair of cowboys who attacked a prostitute. Western, directed by and starring Clint Eastwood. With Gene Hackman and Morgan Freeman.

11.30 Hatfields & McCoy's. Anise sends his men out to kill Randall. (R) **12.30** How Do They Do It? (R) **1.00** SuperCasino. **4.00** The FBI Files. (R) **4.50** County Secrets. (R) **5.05** Hana's Helpline. (R) **5.15** The Milkshake! Show. (R) **5.40** Thomas & Friends. (R) **5.50** Roary the Racing Car. (R)

DIGITAL

BBC Three

7.00 Snog. Marry, Avoid? **8.00** Gavin & Stacey **9.00** Sun, Sex and Suspicious Parents **10.00** Him & Her **11.00** American Dad! **11.45** Family Guy

BBC Four

7.00 The Last Days of Steam **8.00** Michael Wood: The Story of India **9.00** From the Sea to the Land Beyond: Storyville **10.15** Film: Undertow (2009) **11.50** Michael Wood: The Story of India

ITV2

3.10 Film: Mr Bean's Holiday (2007) **4.55** Take Me Out **6.05** Take Me Out – The Gossip **6.50** Film: Twins (1988) **9.00** The Xtra Factor Results **10.00** Totally Bonkers Guinness World Records **10.30** I'm a Celebrity Get Me Out of Here Now! **11.35** Girlsfr3nds

ITV3

2.55 A Touch of Frost **4.55** Agatha Christie's Poirot **7.00** Lewis. A college master is found dead at the university's astronomical observatory. **9.00** Midsomer Murders **11.00** Cracker

ITV4

2.55 Film: Aces High (1976) **5.15** Film: Dunkirk (1958) **8.00** Anglo-Welsh Cup Rugby Union **9.00** Film: Resident Evil (2002) **11.00** Film: Bride of Chucky (1998)

E4

3.25 Charlie's Angels **4.20** Made in Chelsea **5.20** Scrubs **5.50** Suburgatory **6.20** The Big Bang Theory **8.20** Film: Hot Shots! (1991) **10.00** Misfits **11.00** 2 Broke Girls **11.30** The Big Bang Theory

Film4

3.10 Crocodile Dundee (1986) **5.10** Carry On Up the Khyber (1968) **6.55** Employee of the Month (2006) **9.00** Patriot Games (1992) Political thriller, starring Harrison Ford. **11.15** After the Sunset (2004)

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£180,000

NEW



Major Move are delighted to offer for sale this well presented 2 double bedroom bungalow located within the L&D Borders. The property briefly comprises of a lounge/diner, kitchen and bathroom. It benefits from off road parking, double glazing throughout and gas central heating. Internal viewing is recommended.

DORDONS ROAD, LEAGRAVE, LUTON

£165,000

**NEW
PRICE**



Major Move are happy to offer for sale this fully refurbished 3 bedroom semi detached property, situated within walking distance of Leagrave train station and amenities. It comprises of a refitted kitchen and bathroom, 3 double bedrooms and lounge/diner. Internal viewing is strongly recommended. No Upper Chain.

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£90,000

NEW



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£193,000

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**NEW
PRICE**



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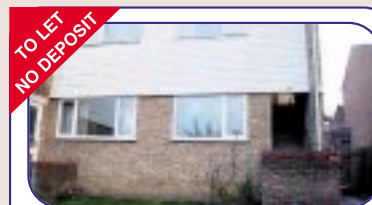
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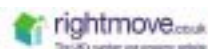
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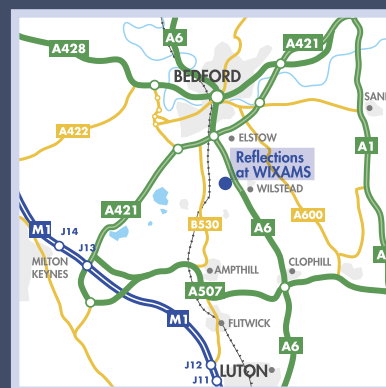
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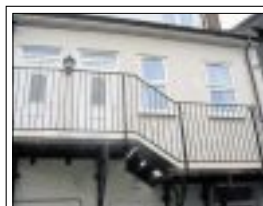
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- Lovely Location
- Gravel Driveway
- Parking
- Character Property
- Communal Garden
- Unfurnished
- Available Soon



Cowper Street Lu1 £550 pcm

- One Bed Apartment
- Unfurnished
- 1.5 Months Deposit
- Modern Kitchen
- 1.5 Months Deposit
- Close To Town
- Part Furnished
- Available Now



Stopsley Lu2 £550 pcm

- One Bedroom
- Ground Floor Apartment
- Kitchen With Appliances
- Lounge Diner
- Double Glazed
- Bath With Shower
- Part Furnished
- Available Now



Hewlett Road Lu3 £605 pcm

- Two Bed Floor Flat
- Unfurnished
- Close To Local Shops
- Two Allocated Parking Sp.
- Bathroom With Shower
- 1.5 Months Deposit
- Close To Leagrave Station
- Available Now



Dunstable £675 pcm

- Available Mid December
- Unfurnished
- Close To Downs
- Good Size
- Garden/Allocated Parking
- Gas Central Heating
- Two Bedroom
- Split Level Maisonette



Dunstable £675 pcm

- Available Mid November
- Unfurnished
- En Suite Onto Master
- Video Entry Phone System
- Secure Parking
- Good Size
- Apartment
- Two Bedroom



Dunstable £675 pcm

- Available Beg Nov
- Unfurnished
- Close To A5
- En Suite Onto Master
- Allocated Parking
- Video Entry Phone System
- First Floor Apartment
- Two Double Bedrooms



Dunstable £675 pcm

- Available Now
- Part Furnished
- Gas Central Heating
- Double Glazed
- Quiet Location
- Garage & Drive
- Two Bedroom
- Bungalow



Chalton Village £700 pcm

- Available Mid December
- Cottage
- Village Location
- Water & Wi Fi Included
- Secondry Glazing
- Close To M1
- Fully Furnished
- One Bedroom



L & D Borders £725 pcm

- Available Now
- Gas Central Heating
- Double Glazed
- Cloakroom
- Part Furnished
- Off Road Parking
- 3 Bedroom
- Terrace House



Dunstable £750 pcm

- Available Beg December
- Unfurnished
- Close To A5
- Good Size
- Double Glazing
- Gas Central Heating
- Terrace House
- Three Bedroom



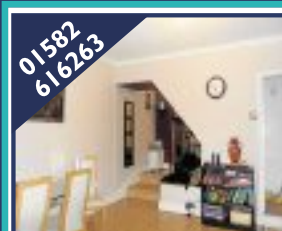
Leagrave Lu4 £750 pcm

- Three Bedroom
- Detached House
- New Fitted Kitchen
- Lounge/diner
- Close To M1
- Close To Local Shops
- Unfurnished
- Available 22nd November



Dunstable £795 pcm

- Available End November
- Unfurnished
- Large Living Area
- Double Glazed
- Gas Central Heating
- Close To Town Centre
- End Of Terraced
- Three Bedroom



Russell Rise Lu1 £850 pcm

- Three Bedroom House
- Part Furnished/Furnished
- Rear Garden
- Modern Decor
- Double Glazing
- Gas Central Heating
- Short Distance To Town
- Available 20th November



Old Bedford Road Lu2 £875 pcm

- Extended Three Bedroom
- Detached House
- Lovely Location
- Large Living Room
- Front & Rear Gardens
- Garage & Driveway
- Unfurnished
- Available Now



Houghton Regis £900 pcm

- Available Beginning Jan
- Part Furnished
- Quiet Location
- Garage / Driveway
- Gas Heating
- Conservatory
- Link Detached House
- Four Bedroom



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2 West Street
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Ref: 12/121

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Closing date: 25 November 2012



For more information contact the Bupa Recruitment Team on **0800 783 5891** or to apply visit www.bupa.co.uk/care-homes-careers

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ABC Children's Centre

Russell Street, Luton, Bedfordshire LU1 5EA

Children's Centre Family Worker

£23,708 - £26,276 p.a.

37 hours per week, 52 Weeks per year

ABC Children's Centre deliver services to families with children aged 0 - 5 living in the south of Luton. We have several delivery sites including Chapel Street Nursery School, Whipperley Infants School, Park Town Community Centre and Children's Centre at The Mall.

The Family Worker will play a key role in supporting the centre to deliver services to meet the Governments vision for Children's Centres as outlined in the Children's Centre Core Purpose. This is an exciting role within the Children's Centre and you will be supporting the Deputy Manager in the delivery of centre based universal and targeted interventions.

We are looking for an individual with substantial experience in working holistically with families. You will be familiar with the Common Assessment Framework and Child Protection processes and be comfortable in working with families with varying levels of need. You will be experienced in assessing need and supporting the planning of intervention whilst still delivering a core universal service through stay & play sessions.

We ideally would like to receive applications from those with experience in delivering evidence based parenting programmes such as Triple P or Mellow. Additional skills to deliver interventions such as baby massage would be an advantage and any other interventions applicable to this age group.

Shortlisting will take place on 27th November 2012. We will notify successful shortlisted candidates by 30th November 2012 of the time and location of their interview.

For further information about the role and for an informal conversation please contact either: Michael Howe, Hub Manager or Anj Parmar, Deputy Manager on 01582 413 552 option 7. E-Mail - info@abcchildrenscentre.co.uk

Closing date: 25 November 2012.

Ref: 40/0631

Interview date: 4 December 2012.

CVs will not be accepted for any posts based in schools. Schools are committed to safeguarding and promoting the welfare of children and expect all staff to share this commitment. Applicants must be willing to undergo child protection screening appropriate to the post, including checks with past employers and the Criminal Records Bureau.

St Margaret of Scotland Catholic Primary School

Rotheram Avenue, Luton LU1 5PP

Learning with Jesus in Faith, Hope and Love

Teaching Assistant 1

£10,247 - £10,939 per annum

Ref: 40/0643

30 hours per week, term-time only

A modern, expanding school with a strong Catholic ethos, we are seeking a Teaching Assistant to support our pupils both in and out of class. You will be patient and caring, and able to effectively communicate with pupils with a wide range of skills and abilities. Some 1 to 1 work with specific children may be required. A good team player, you will ideally hold a relevant NVQ or have experience working with children.

Assistant IT Technician

£8,754 - £9,345 per annum

Ref: 40/0642

25 hours per week, term-time only, plus training 5 days

As part of our continuing expansion, the Governing Body is seeking to appoint an enthusiastic and skilled IT Assistant to support the IT Manager over the full range of IT related tasks. You will be experienced in using a wide range of IT equipment and applications and have the ability to resolve or repair IT problems. The ability to work accurately whilst meeting deadlines is essential.

All staff are expected to support the Catholic ethos of our school.

For an application form and further details please contact The Business Manager, at the school address, tel: 01582 723430 or email: St.Margaret.Of.Scotland.Primary.admin@luton.gov.uk

Closing date for both roles: 28 November 2012.

CVs will not be accepted for any posts based in schools. Schools are committed to safeguarding and promoting the welfare of children and expect all staff to share this commitment.

Applicants must be willing to undergo child protection screening appropriate to the post, including checks with past employers and the Criminal Records Bureau.



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Youth Support Worker - Barnfield West Youth Zone

£7.94 - £8.86 per hour

9 hours per week, Monday 3.00pm - 6.00pm and 6.30pm - 9.30pm and Thursday 5.30pm - 8.30pm

Fixed-term until 31 March 2013

You will assist the Youth Support Worker in charge/Senior Area Worker with the provision of services to young people which contribute to their personal development and social/informal education.

Duties include assisting in the development of a programme of youth work aimed at promoting and ensuring the personal and social educational needs of young people are identified and met.

A demonstrable interest in developing and improving the quality of life of young people is essential along with a commitment to supporting and encouraging young people to achieve and fulfil their potential. You must also have an understanding of activities/ events that respond to the needs of young people and their personal development.

Closing date: 26 November 2012.

Ref: 12/0526

Building & Technical Services Opportunities

The following three roles will be based within our Building and Technical Services division. You will complete a comprehensive range of work including undertaking related site surveys and providing lists of materials to complete repairs and refurbishment projects within contract conditions, timescales and costs. With experience of working with schedule of rates and to specifications including working from drawings, you will have the ability to assess and address problems arising on-site. Significant experience is essential.

Plumber

Ref: 12/0544

£26,276 - £28,636 per annum plus Tool and Wash allowance

You will be educated to Advanced Plumbing NVQ Level 3, or have a Basic Plumbing apprenticeship and NVQ Level 2 or equivalent qualification.

Electrician x2

Ref: 12/0545

£26,276 - £28,636 per annum plus Tool and Wash allowance

You will be educated to Advanced Electrical NVQ Level 3, or Electrical City and Guilds qualification or equivalent NVQ Level 2 and apprenticeship. 17th edition upgrade is essential.

Painter/Decorator x 2

Ref: 12/0546

£23,708 - £26,276 per annum plus Tool and Wash allowance

You will be educated to Advanced Painting NVQ Level 3, or have a Basic apprenticeship in Painting and NVQ Level 2 or equivalent qualification.

Closing date for above three roles: 25 November 2012.

Apply now online at www.luton.gov.uk/jobs if you experience problems applying online, please call (01582) 546621 during office hours. Please quote appropriate reference number.

Applicants must be willing to undergo child/vulnerable adult protection screening appropriate to the post, including checks with past employers and the Criminal Records Bureau.

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AUTISM BEDFORDSHIRE
www.autismbeds.org

Assistant Development Officer

Full Time Maternity Cover (9 months - 1 year)
£17,359pa - £20,700pa

Autism Bedfordshire are looking for a motivated team player to support delivery of Children's Services across the county. Ideal applicant will have excellent skills in administration, Microsoft Office and prioritising workload efficiently.

Closing Date: 26/11/2012

Application pack requests to the Development Team on 01234 214871 or recruitment@autismbeds.org



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Cavity Wall and Loft Insulation Surveyors

Experience essential
Diary of appointments provided daily
Expected earnings range from £25k to £40k
Company van and fuel card provided

Heating Surveyors

Required for our expanding plumbing and heating department
Role will involve carrying out surveys for boiler replacements and heating systems on domestic properties. Experience essential.
Expected earnings range from £25k to £40k
Company van and fuel card provided

Heating Engineers

Experienced and qualified engineers are urgently required for our expanding heating and boiler division.
Qualifications must include each of the following: CCN1, CPA1, HTR1, CENWAT, CKR1
Earning potential can range between £28,000 and £45,000 (productivity dependent) with company vehicle and fuel card provided. Full driving licence required.

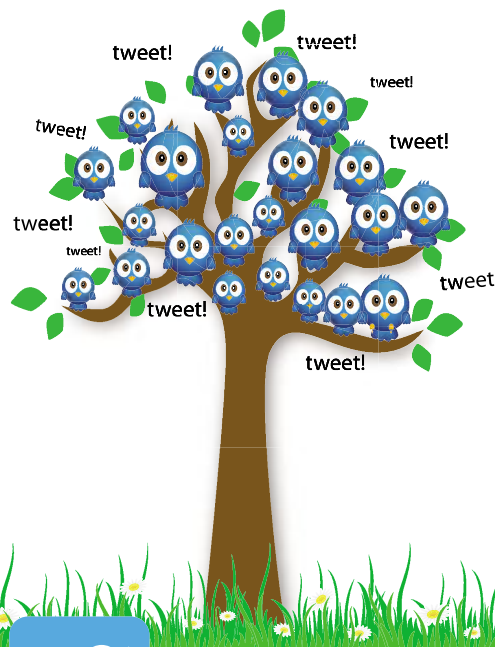
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Experienced and skilled individuals required to work as part of a 2 man team installing solid wall insulation to domestic properties throughout a wide geographic area. Previous experience within any of the following areas is essential:

Solid Wall Insulation
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Dry Lining
Plastering/Rendering

Earning potential can range between £28,000 and £45,000 (pay per completed job) with company vehicle and fuel card provided. Full driving licence required.

Please send CVs to energycareitd@btconnect.com or 1 Appley Court, Appley Wood Corner, Haynes, Bedfordshire, MK45 3QQ. Please also state which position you are applying for.



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Putteridge Road, Luton, LU2 8HT
Headteacher: Helen Beauchamp

**KS3 Maths Co-ordinator
(Teacher of Mathematics)**
Main Pay Scale + TLR 2a
Required for April 2013

We are seeking to appoint an enthusiastic and dedicated Key Stage 3 & 4 teacher of mathematics, with departmental responsibility for KS3 maths. The successful applicant will be joining an effective, supportive and committed department with a track record of success in GCSE examinations. The post will be suitable for an ambitious maths teacher, looking for a first position of responsibility. This is an opportunity to join the school at an exciting stage in its development following a successful Ofsted inspection and as we prepare to convert to academy status in partnership with the Barnfield Federation.

Putteridge High School is situated in a quiet area on the outskirts of Luton, adjacent to the Bedfordshire/Hertfordshire border, there are excellent communication links via road, rail and air.

Please contact Sonia Turner, for more details regarding this post on 01582 415791

An application form and information pack can also be requested online at: putteridge.high.admin@luton.gov.uk

Closing date: Midnight, 9 December 2012. Ref: 40/0633

Interviews will be held week commencing 10 December 2012.

CVs will not be accepted for any posts based in schools.
Schools are committed to safeguarding and promoting the welfare of children and expect all staff to share this commitment.
Applicants must be willing to undergo child protection screening appropriate to the post, including checks with past employers and the Criminal Records Bureau.

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Barnfield is a Beacon College. The Barnfield Federation is an Investor in People (Gold) Champion. The Federation consists of Barnfield College, South and West Academies, Skills Academy, Barnfield Moorlands Free School and Barnfield Vale Academy. The Federation is expanding further with three other academy schools planned for 2012/13. If you like working in a dynamic, forward-thinking organisation why not join our outstanding and innovative team so that we continue to set the standard.

Key Stage 2 Teacher

Barnfield Vale Academy, Dunstable

Hours: Full-time
Fixed Contract (in the first instance)
(1st January - 31st August 2013)
Salary: MPS/UPS
Closing Date: 12pm, Wednesday 28th November 2012
Interviews: Tuesday 4th December 2012

This is a school aiming high and looking to the future.

We are seeking to appoint an enthusiastic, talented and ambitious teacher who can bring a wide range of skills and interests to our school.

In return the successful candidate will:

- be fully involved in all aspects of school development
- receive excellent opportunities for professional development
- receive the support of a friendly, hard-working team.

Library Assistant

Barnfield Vale Academy, Dunstable

Hours: 7.5 hours per week (Term time only)
Salary: Level 2D (13-16) - NJC scale (£2,713 - £2,888)
Closing Date: 12pm, Wednesday 28th November 2012
Start: January 2013

We are seeking:

- a team player who is flexible with excellent communication skills
- someone who is well organised and efficient
- someone who is competent in the use of IT
- someone who is able to prioritise and see a task through

Visits to the school will be warmly welcomed.

If you think that you can meet the challenge, then please contact **Human Resources** on 01582 569 761 or email **personnel@barnfield.ac.uk**

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Learning Support Assistant Barnfield South Academy, Luton

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Hours: Monday – Friday 30 hours per week
Term time only + 5 INSET days
Closing Date: Friday 30th November 2012

We require a temporary Learning Support Assistant to join the Academy to support students in raising achievement whilst the current post-holder is on maternity leave.

You should be dynamic and enthusiastic and have the ability to establish real rapport with young people. We offer excellent professional development opportunities.

You will have experience in working with young people (desirably an NVQ 2 qualification in learning support or equivalent) and be committed to making a difference.

We are continuously seeking to broaden our curriculum provision and develop strategies to enable young people to flourish as individuals and as responsible citizens.

If you are interested in either of the roles please contact: **Sandra Wallis**

Tel: 01582 811 515 Email: **s.wallis@southacad.barnfield.ac.uk**

For more information and an application pack, visit: **www.south.barnfield.ac.uk/vacancies.aspx**

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THE BOROUGH OF LUTON (SPEED LIMITS) (AMENDMENT NO. CO) ORDER 2012

NOTICE is hereby given that Luton Borough Council, the Highway Authority for the said Borough, proposes to make the above Orders under the relevant provisions of the Road Traffic Regulation Act 1984 and all other enabling powers as amended.

The effect of the Order will be as follows:
To introduce a part time 20mph speed restriction as described below:

ROAD	LENGTH OF ROAD SUBJECT TO SPEED LIMIT	TIMES IN OPERATION
Chaul End Lane	Both sides from its junction with Dunstable Road Service Road to its junction with Carisbrooke Road	8.30am – 9.30am 3.00pm – 4.00pm

The purpose of the Order is to assist school crossing patrols and reduce the likelihood of accidents at school times and to improve the safety of all road users.

A copy of the draft Order, together with a plan showing the roads and lengths of roads affected and a Statement of the Council's reasons for proposing to make the Order may be inspected at the Parking Shop at the Town Hall, Luton (public entrance on Gordon Street) between 9.00am and 4.30pm Monday to Friday.

If you wish to object to the proposed Orders you should write to me at the address below setting out the grounds of your objection by 10th December 2012 quoting reference P1591-MB-SL2012

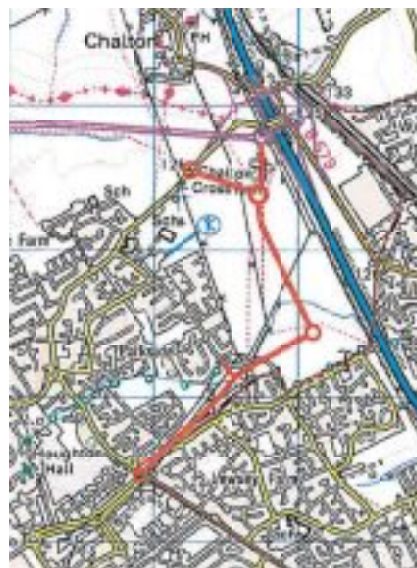
Graham Turner
Highway Services Manager
Town Hall Luton LU1 2BQ

Public Notices

WOODSIDE LINK

Linking Woodside Industrial Estate, Houghton Regis and Dunstable to the A5 & M1

The public consultation is now underway, and ends on 24th December 2012



Woodside Link
A5 – M1 Link (promoted by Highways Agency)

Woodside Link

The proposed road runs from the new junction 11A on the M1 motorway to the junction with Park Road North, Porz Avenue and Poynters Road.

The aim of the road is to reduce traffic, especially goods vehicles accessing Woodside Industrial Estate, from the centres of Houghton Regis and Dunstable. A link to Sundon Road provides a connection from local roads to the M1 motorway.

Consultation Leaflet

If you live in Houghton Regis, Dunstable, West Luton, Chilton or Sundon, you should have received a consultation leaflet. There are still 4 exhibitions in the next week (see below) and still plenty of time to return the freepost card with your views and comments on the proposed Woodside Link.

You can influence the final scheme by viewing the proposals, attending our exhibitions and submitting your comments.

Representations and comments may also be made in writing to Central Bedfordshire Council at Priory House, Monks Walk, Chicksands, Shefford, SG17 5TG, or to Bedfordshire Highways, Woodlands Annex, Mantons Lane, Bedford, MK41 7NU, or via email to myjourney@centralbedfordshire.gov.uk by 24th December 2012.

Exhibitions

Public exhibitions are being held at a number of locations to provide the fullest opportunity for you to view the proposals and ask questions.

Tuesday 20th November (3pm to 7pm) - Chilton Village Hall
Wednesday 21st November (3pm to 7pm) - Sundon Village Hall
Thursday 22nd November (2.30pm to 6pm) - Dunstable Library
Friday 23rd November (3pm to 7pm) - Lewsey Farm Community Centre

All plans and documents, including the Preliminary Environmental Information will be available for inspection at the offices of Central Bedfordshire Council (Priory House, Monks Walk, Chicksands, Shefford, SG17 5TG) or Watling House, High Street North, Dunstable, LU6 1LF) during normal office hours (8.30am to 5.00pm Monday to Thursday, 8.30am to 4.00pm Friday) between 16th November 2012 and 25th January 2013.

All documents are also available at the project website www.centralbedfordshire.gov.uk/woodsidelink, and can be purchased from the Council at a charge of 20p per A4 page, 40p per A3 page and £10 per A1 plan.

To contact the project team

Online at www.centralbedfordshire.gov.uk/woodsidelink
Or Email myjourney@centralbedfordshire.gov.uk
Or telephone 0845 365 6131 or 0845 365 6122 or 0845 365 6146
Or write to Central Bedfordshire Council, Priory House, Monks Walk, Chicksands, Shefford, SG17 5TG

Public Notices

CENTRAL BEDFORDSHIRE COUNCIL PROPOSES TO INTRODUCE WAITING AND LOADING RESTRICTIONS IN THE LANGDALE ROAD AND LOWTHER ROAD AREA OF DUNSTABLE

Reason for proposal: The proposed Order is considered necessary on the grounds of promoting road safety. The waiting restrictions are intended to address indiscriminate parking near to junctions, outside schools and other potentially hazardous locations.

Effect of the Order:

To introduce No Waiting at Any Time (double yellow lines) on the following lengths of road in Dunstable:-

Meadway, south-west side, from a point approximately 25 metres south-east of the property boundary of nos. 10 and 12 Meadway, in a south-easterly direction for a distance of approximately 30 metres.

Pipers Croft, both sides, from its junction with Meadway in a south-westerly direction to a point approximately 24 metres north-east of the property boundary of nos. 3 and 5 Pipers Croft.

Pipers Croft, both sides, from a point 27 metres south-west of the property boundary of nos. 3 and 5 Pipers Croft in a south-westerly direction for a distance of approximately 15 metres.

Pipers Croft, north-east side, from a point approximately 5 metres south-east of the property boundary of nos.6 and 8 Pipers Croft in a south-easterly direction for a distance of 30 metres.

Meadway, south-west side, from a point approximately 5 metres south-east of the property boundary of nos. 96 and 98 Meadway, in a south-easterly direction for a distance of approximately 59 metres.

Spoondell, both sides, from its junction with Meadway in a south-easterly direction to a point approximately 3 metres south-west of the front wall of no.108 Langdale Road.

Meadway, both sides, from a point approximately 14 metres south-east of the property boundary of nos. 120 and 122 Meadway to its junction with Canesworde Road.

Canesworde Road, west side, from a point approximately 1 metre north-east of the property boundary of nos. 67 and 69 Canesworde Road in a southerly direction for a distance of approximately 68 metres.

Canesworde Road, east side, from a point approximately 1 metre north-east of the property boundary of nos. 67 and 69 Canesworde Road in a southerly direction for a distance of approximately 23 metres.

Canesworde Road, both sides, from a point approximately 2 metres north-east of the property boundary of nos. 38 and 40 Canesworde Road in a south-westerly direction for a distance of approximately 42 metres.

Langdale Road, both sides, from its junction with Canesworde Road to a point approximately 6 metres south-east of the front wall of no. 27 Canesworde Road.

Langdale Road, north-east side, from a point approximately 3 metres north-west of the rear wall of no. 1 Windermere Close in a south-easterly direction for a distance of approximately 44 metres.

Windermere Close, both sides, from its junction with Langdale Road in a north-easterly direction to a point approximately 3 metres north-east of the property boundary of nos. 1 and 2 Windermere Close.

Langdale Road, south-west side, from a point approximately 18 metres north-west of the property boundary of No's 160 and 162 Langdale Road in a south easterly direction for a distance of approximately 28 metres.

Langdale Road, south-west side, from a point approximately 13 metres north-west of the property boundary of nos. 140 and 142 Langdale Road in a south-easterly direction for a distance of approximately 82 metres.

Hilton Avenue, both sides, from its junction with Langdale Road in a south-westerly direction for a distance of approximately 15 metres measured from the rear of the footway on Langdale Road.

Langdale Road, both sides, from a point approximately 4 metres north-west of the property boundary of nos. 48 and 50 Langdale Road in a generally easterly direction to a point approximately 11 metres east of the boundary of nos. 32 and 34 Langdale Road.

Kirkstone Drive, both sides, from its junction with Langdale Road in south-westerly direction for a distance of approximately 13 metres when measured from the rear of the footway on Langdale Road.

Lowther Road, both sides, from the junction with Langdale Road in a southerly direction to a point in line with the front wall of no. 51 Langdale Road.

Lowther Road, north-east side, from a point approximately 16 metres north-west of the property boundary of nos. 1 and 3 Lowther Road in a south-easterly direction to a point approximately 4 metres south-east of the property boundary of nos. 9 and 11 Lowther Road.

Lowther Road, south-west side, from a point approximately 16 metres north-west of the property boundary of nos. 1 and 3 Lowther Road in a south-easterly direction to a point approximately 4 metres north-west of the property boundary of nos. 9 and 11 Lowther Road.

Mardale Avenue, both sides, from its junction with Lowther Road in a south-westerly direction to a point approximately 1 metre south-west of the rear flank wall of No. 8 Lowther Road.

Lowther Road, south west side, from a point approximately 6 metres north-west of the property boundary of nos. 18 and 20 Lowther Road in a south easterly direction for a distance of approximately 49 metres.

Borrowdale Avenue, both sides, from its junction with Lowther Road in a south-westerly direction to a point approximately 2 metres south west of the rear flank wall of no. 20 Lowther Road.

Lowther Road, south-west side, from a point approximately 21 metres south-east of the property boundary of nos. 34 and 36 Lowther Road in a south easterly direction for a distance of approximately 54 metres.

Derwent Drive, both sides, from its junction with Lowther Road in a south-westerly direction to a point in line with the boundary line of nos. 2 and 4 Derwent Drive.

Lowther Road, north east side, from a point approximately 6 metres south-east of the property boundary of nos. 38 and 40 Lowther Road in a south easterly direction for a distance of approximately 42 metres.

Abbey Mews, both sides, from the junction with Lowther Road in a north easterly direction for a distance of approximately 18 metres measured from the rear of the footway on Lowther Road.

Lowther Road, south-west side from a point approximately 24 metres south-east of the property boundary of nos. 38 and 40 Lowther Road in a south-easterly direction for a distance of approximately 48 metres.

West Hill, both sides, from its junction with Lowther Road in a south-westerly direction to a point approximately 2 metres north-east of the property boundary of nos. 2 and 4 West Hill.

Beech Road, north-west side, from a point approximately 6 metres north-east of the property boundary of nos. 1 and 3 Beech Road in a north-easterly direction for a distance of approximately 137 metres.

Beech Road, north-west side, from a point approximately 179 metres north-east of the property boundary of nos. 1 and 3 Beech Road in a north-easterly direction for a distance of approximately 18 metres.

Beech Road, south-east side, from a point approximately 6 metres north-east of the property boundary of nos. 1 and 3 Beech Road in a north-easterly direction for a distance of approximately 185 metres.

To introduce No Loading at Any Time on the following length of road in Dunstable:-

Beech Road, north-west side from a point approximately 179 metres north-east of the property boundary of nos. 1 and 3 Beech Road in a north-easterly direction for a distance of approximately 18 metres

To introduce No Waiting Monday to Saturday 8am to 6pm on the following length of road in Dunstable:-

Pipers Croft, both sides, from a point approximately 24 metres north-east of the property boundary of nos. 3 and 5 Pipers Croft in a south-westerly direction to a point 27 metres south-west of the property boundary of nos. 3 and 5 Pipers Croft.

To introduce No Waiting Monday to Friday 8am to 9.30am and 3pm to 5pm on the following lengths of road in Dunstable:-

Langdale Road, north-east side, from a point approximately 18 metres north-west of the property boundary of nos. 160 and 162 Langdale Road in a south-easterly direction to a point approximately 8 metres west of the property boundary of nos. 128 and 130 Langdale Road.

Lowther Road, south-west side, from a point approximately 8 metres north-west of the property boundary of nos. 28 and 30 Lowther Road in a south-easterly direction to a point approximately 21 metres south-east of the property boundary of nos. 34 and 36 Lowther Road.

To introduce 10 minutes Limited Waiting with No Return within 1 hour on the following lengths of road in Dunstable:-

West Street, south side from a point approximately 6 metres west of the east flank wall of no.163 West Street in a westerly direction for a distance of approximately 26 metres.

Meadway, west side, from a point in line with the front wall of no.163 West Street in a southerly direction for a distance of approximately 26 metres.

To amend the existing length of No Stopping, Monday-Friday 8am - 4.30pm on school entrance markings so that they will cover the following lengths of road in Dunstable:-

Lowther Road, north-east side, from a point approximately 46 metres south east of the property boundary of nos. 9 and 11 Lowther Road in a south-easterly direction for a distance of approximately 37 metres.

Beech Road, north-west side, from a point approximately 144 metres north-east of the property boundary of nos. 1 and 3 Beech Road in a north-easterly direction for a distance of approximately 25 metres.

To Revoke the existing No Waiting At Any Time on the following length of road in Dunstable:-

Lowther Road, south-west side, from the property boundary of nos. 26 and 28 Lowther Road in a south easterly direction for a distance of approximately 3 metres.

Further Details: of the proposed Order and a plan may be examined during normal opening hours at Dunstable Library, Vernon Place, Dunstable LU5 4HA or online at www.centralbedfordshire.gov.uk/consultations. These plans will be placed on deposit until 6 weeks after the Order is made or until it is decided not to continue with the proposal.

Objections: should be sent in writing to the Transportation Manager, Bedfordshire Highways, Woodlands Annex, Manton Lane, Bedford MK41 7NU or e-mail centralbedsconsultation@amey.co.uk stating the grounds on which they are made by 14th December 2012.

Order Title: if made will be "Central Bedfordshire Council (Bedfordshire County Council (District of South Bedfordshire) (Civil Enforcement Area and Special Enforcement Area) (Waiting Restrictions and Street Parking Places) (Consolidation) Order 2008) (Variation No. *) Order 2011".

CENTRAL BEDFORDSHIRE COUNCIL PROPOSES TO CONTRUCT RAISED TRAFFIC CALMING FEATURES IN THE LANGDALE ROAD AND LOWTHER ROAD AREA OF DUNSTABLE

CENTRAL BEDFORDSHIRE COUNCIL proposes to construct a number of raised traffic calming features, including road humps, under Section 90 A-1 of the Highways Act 1980 and all other enabling powers in various roads throughout the south-west quadrant of Dunstable. These works are part of a highway scheme, which has been designed to reduce vehicle speeds and improve road safety and the environment for local residents.

The Proposed types of feature will be:-

3 Raised Junction Tables, 4 Flat-topped Road Humps, 2 Humped Zebra Crossings and 1 Round-topped Road Hump as described below:-

Raised Junction Tables at a nominal height of 75mm, across the full width of the road, are proposed to be sited at the following locations:-

1. Canesworde Road/Langdale Road junction covering a total length of approximately 32 metres of Canesworde Road and extending approximately 12 metres into Langdale Road.
2. Langdale Road/Hilton Avenue junction covering a total length of approximately 26 metres of Langdale Road and extending approximately 8 metres into Hilton Avenue.
3. Lowther Road/Oldhill junction covering a total length of approximately 32 metres of Lowther Road and extending approximately 8 metres into Oldhill.

Flat-topped Road Humps at a nominal height of 75mm, across the full width of the road, are proposed to be sited at the following locations:-

1. Canesworde Road covering a total length of approximately 16 metres, centred at a point approximately 19 metres north-east of its junction with Meadway.
2. Langdale Road covering a total length of approximately 16 metres, centred at a point proximately 29 metres north-west of its junction with Patterdale Close.
3. Langdale Road covering a total length of approximately 18 metres, centred at a point approximately 20 metres north-west of its junction with Brampton Close.
4. Lowther Road covering a total length of approximately 18 metres, centred at a point approximately 9 metres south of its junction with Langdale Road.

Humped Zebra Crossings at a nominal height of 75mm, across the full width of the road, are proposed to be sited at the following locations (Existing zebra crossings proposed to be re-built on raised tables):-

1. Langdale Road covering a total length of approximately 16 metres, centred at a point approximately 14 metres south-east of its junction with First Avenue.
2. Lowther Road covering a total length of approximately 15 metres, centred at a point approximately 42 metres south-east of its junction with Borrowdale Avenue.

Round-topped Road Hump at a nominal height of 75mm, across the full width of the road are proposed to be sited at the following location:-

1. Oldhill covering a total length of approximately 4 metres, centred at a point approximately 98 metres north-east of its junction with Lowther Road.

Further Details: of the proposals and plans may be examined during normal opening times at Dunstable Library, Vernon Place, Dunstable LU5 4HA or online at www.centralbedfordshire.gov.uk/consultations.

Objections: should be sent in writing to the Transportation Manager, Bedfordshire Highways, Woodlands Annex, Manton Lane, Bedford MK41 7NU or e-mail centralbedsconsultation@amey.co.uk stating the grounds on which they are made by 14th December 2012.

Technology House
239 Ampthill Road
Bedford

Basil Jackson
Assistant Director for Highways

18th November 2012



THE BOROUGH OF LUTON (PROHIBITION AND RESTRICTION OF WAITING AND LOADING) (AMENDMENT NO.CK) ORDER 2012

THE BOROUGH OF LUTON (BUS LANE) (AMENDMENT NO.CL) ORDER 2012

THE BOROUGH OF LUTON (SPEED LIMITS (AMENDMENT NO.CM) ORDER 2012

THE BOROUGH OF LUTON (TRAFFIC MANAGEMENT) (AMENDMENT NO.CN) ORDER 2012

NOTICE is hereby given that Luton Borough Council, the Highway Authority for the said Borough, intends to make the above Orders under the relevant provisions of the Road Traffic Regulation Act 1984 (as amended) and all other enabling powers.

The general nature and effect of the Orders will be to:

1. introduce No Waiting at Anytime restrictions on Vicarage Street and at its junction with Lea Road and St Annes Road ,
2. introduce a loading bay on Vicarage Street.
3. introduce a 20mph speed restriction on Vicarage Street .
4. introduce a length of One Way from a point opposite the junction with the University service road entrance to a point opposite the eastern kerb line of Lea Road,
5. revoke the existing Bus Lane in Vicarage Street and introduce a new Bus Lane on Vicarage Street from a point opposite its junction with the University service road entrance to a point opposite the eastern kerb line of Lea Road in Operation 24 hours
6. introduce two 24 hour Bus Stop Clearways in Vicarage Street.

A copy of the draft Orders, together with a plan showing the roads and lengths of roads affected and a Statement of the Council's reasons for proposing to make the Order may be inspected at the Parking Shop at the Town Hall, Luton (public entrance on Gordon Street) between 9.00am and 4.30pm Monday to Friday.

If you wish to object to the proposed Orders you should write to me at the address below setting out the grounds of your objection by 10th December 2012 quoting reference MH/P1320

18th November 2012

Graham Turner,
Highway Services Manager
Town Hall Luton LU1 2BQ

CENTRAL BEDFORDSHIRE COUNCIL

(LOVERS WALK, DUNSTABLE) (TEMPORARY PROHIBITION OF TRAFFIC) ORDER 2012

NOTICE IS HEREBY GIVEN that the Central Bedfordshire Council has made an Order the effect of which will be to prohibit any vehicle, except a vehicle being used for fire, police or ambulance purposes in an emergency, from proceeding along that length of Lovers Walk, Dunstable which extends from Richard Street for a distance of approximately 150 metres. The one-way status of Lovers Walk for its full length will be revoked for the duration of the closure.

This temporary closure is required to enable telecoms work to take place and shall apply to such extent as may from time to time be indicated by the appropriate traffic signs. Where possible access will be maintained to property and premises but may be restricted from time to time according to local signing.

It is expected that the works will take place on ONE DAY on Wednesday 21st November 2012 between 9am and 5pm.

The alternative routes available for vehicles affected by the proposed Order are:-

Proceed on Richard Street in a southerly direction, turn right onto Great Northern Road, turn onto the A5 High Street South and continue to Lovers Walk.

The proposed Order will come into operation on 21st November 2012 for a period of four months or until the proposed works have been completed, as detailed above, whichever is the earlier.

For further information please contact A-Plant Traffic for BT, tel. 0370 050 0792.

CENTRAL BEDFORDSHIRE COUNCIL (BEDFORDSHIRE COUNTY COUNCIL (DISTRICT OF SOUTH BEDFORDSHIRE) (CIVIL ENFORCEMENT AREA AND SPECIAL ENFORCEMENT AREA) (WAITING RESTRICTIONS AND STREET PARKING PLACES) (CONSOLIDATION) ORDER 2008) (VARIATION NO. 18) ORDER 2012

On 9th November 2012 Central Bedfordshire Council made a Road Traffic Regulation Order as follows:-

To introduce Prohibition of Waiting on the following lengths of road in Dunstable:-

1. Downs Road, south side, from a point in line with the east flank wall of property no. 40 Downs Road in an easterly direction to a point approximately 4 metres west of the property boundary of nos. 59 and 61 Downs Road.
2. Borough Road, north-west side, from its junction with Downs Road extending in a generally south-westerly direction to a point approximately 3 metres north-east of the property boundary of nos. 67 and 71 Borough Road.
3. Borough Road, south-east side, from its junction with Downs Road extending in a generally south-westerly direction to a point approximately 22 metres north-east of the property boundary of nos. 67 and 71 Borough Road.

Date of Operation:- The Order will come into operation on the 19th November 2012.

Further Details of the Order and a plan may be examined during normal opening hours at Dunstable Library, Vernon Place, Dunstable LU5 4HA.

High Court Challenge:- Any person who desires to question the validity of the Order or of any provision contained therein on the ground that it is not within the powers of the relevant Section of the Road Traffic Regulation Act 1984 or on the ground that any requirement of that Section had not been complied with in relation to the Order may, within six weeks of 9th November 2012, make application for the purpose to the High Court.

CENTRAL BEDFORDSHIRE COUNCIL PROPOSES TO CONTRUCT A RAISED JUNCTION TABLE KINGSWAY/KINGSCROFT AVENUE, DUNSTABLE

CENTRAL BEDFORDSHIRE COUNCIL proposes to construct a Raised Junction Table under Section 90 A-1 of the Highways Act 1980 and all other enabling powers at the junction of Kingsway and Kingscroft Avenue, Dunstable. This traffic calming feature has been designed to reduce vehicle speeds, which will improve road safety and the environment. It will replace the raised speed cushions that have recently been removed.

The Proposed type of feature will be:-

1 Raised Junction Table

A Raised Junction Table at a nominal height of 75mm, across the full width of the road is proposed to be sited at the following location in Dunstable:-

Kingsway/Kingscroft Avenue junction covering a total length of approximately 37 metres of Kingsway and extending approximately 5 metres into Kingscroft Avenue.

Further details can be viewed at www.centralbedfordshire.gov.uk/courtdivr. These details will be placed on deposit until 6 weeks after the Order is made or until it is decided not to continue with the proposal. For more information please contact Ben Gadsby, tel. 0845 365 6114 or e-mail ben.gadsby@amey.co.uk

Objections should be sent in writing to the Roads Manager, Bedfordshire Highways, Woodlands Annex, Manton Lane, Bedford MK41 7NU or e-mail centralbedsconsultation@amey.co.uk stating the grounds on which they are made by 7th December 2012.

Technology House
239 Ampthill Road
Bedford MK42 9QQ

Basil Jackson
Assistant Director for Highways

14th November 2012



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Public Notices

EXPRESSIONS OF INTEREST

Central Bedfordshire Council invite applicants from suitably qualified and experienced organisations to provide the following services:



Service Details

Youth Support Services

Central Bedfordshire Council invite applications from suitably qualified and experienced organisations to provide the following Youth Support Services across Central Bedfordshire. The work will need to focus on supporting vulnerable young people as well as developing and implementing strategies to use volunteers.

1. Youth Support Services - Locality based youth work - Quote Ref YS1
Area M1S - Dunstable, Houghton Regis & Leighton Buzzard
Area M1N - Sandy, Biggleswade, Arlesey, Shefford & Stotfold

Suppliers are welcome to tender for either one or both of the above areas.

2. Youth Support Services - Volunteering Quote Ref YS2
3. Youth Support Services - Young people with emerging drug and alcohol issues Quote Ref YS3
4. Youth Support Services - Young people at risk of teenage pregnancy Quote Ref YS4
5. Youth Support Services - Information, Advice & Guidance Quote Ref YS5

Each of the above service areas (in numbers 2 to 5) are separate and will have their own individual tender specification and tender process.

The contract(s) for each of the above will run to the 31st March 2015 subject to funding and satisfactory achievement.

Applications are therefore sought from single organisations or consortia from the public, private and voluntary/community sector that have a proven track record of delivering high quality, outcome based support services to vulnerable young people.

To express an interest, please register on our electronic tendering system <https://in-tendhost.co.uk/centralbedfordshire> in order to view the necessary tendering documents and respond accordingly.

Deadline for receipt of electronic Tenders: 12:00 midday on Thursday 13th December 2012

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BOXING CLEVER

The C30 isn't quite the sort of car we've come to expect from Volvo but we like it anyway. The revised model we look at here has funkier styling but the finely honed driving experience remains, making it a desirable option for younger buyers who don't need the rear seat legroom and bootspace that a car of this size can't offer. Being a Volvo, it's safe and well-built too. The original version we first saw in 2007 wasn't a bad looker but more recently, the front of this car has been redesigned to reflect Volvo's current family look. Body panel changes, including the wings and bonnet, create a more distinctive personality that's more dramatic and expressive. The air intake has been enlarged while the grille also has a smarter honeycomb pattern, unique to the C30. Otherwise, it's much as you were. The original C30 design brief was formed from various customer clinics and when it took shape, it was loose and relatively easy to fulfil - customers wanted something desirable, low and wide with big wheels and four seats. As a result, this is the fourth car spawned from the S40 platform, the others being the V50 estate and the C70 convertible. But it's the C30, more than any other model that has been responsible for driving down the average age of Volvo ownership. On the road, the more powerful C30 models can feel slightly nose heavy but traction is so good that when you get it right, the car just slingshots out of a bend with no drama, and very little in the way of torque steer. There's also now the option of a stiffer Sports



chassis. The T5 petrol unit also produces one of the most infectious engine notes around. Wet traction off the line isn't the greatest but lateral grip is superb. If you want to really exploit the C30's performance, you'll need to steer clear of the automatic option which really takes an edge off the car's punch. The six-speed manual version is certainly the smart pick, although an advanced, automatic twin clutch transmission called Volvo Powershift is also available. The engine selection is agreeably broad, taking in the modest, the 99bhp 1.6-litre petrol unit,

to the decidedly immodest in the shape of a 227bhp T5 turbo five-cylinder powerplant more widely renowned as the engine that flings the Ford Focus ST up the road. In between these two in the petrol line-up lies the 143bhp 2.0 engine. Diesel drivers get the choice of a 108bhp 1.6D, which comes in eco-friendly 'DRIVE' guise or a 113bhp version of the same engine which is called D2. Above that, there are 148bhp and 175bhp versions of the five-cylinder diesel engine that are badged D3 and D4 respectively. These 2.0-litre powerplants use

and advanced fuel injection system for a tempting mix of performance and economy. Built at Volvo's Ghent facility in Belgium, the C30 has room for four adults, the rear seats folding flat to form a useful loading space. Although it shares the same wheelbase as the S40 saloon, the tape measure shows this car to be fully 22cm shorter and the car shares not one panel with its four-door stablemate, instead offering a very different look and feel.

Overall, the C30 is a highly desirable alternative to other premium small cars.



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Luton on the front foot. Picture: Ian Nancollas

Luton turn on the style while colts blooded by Park

RUGBY UNION ROUND UP

BY TIM BARTLETT

sport@lutonmedia.co.uk

LUTON backs coach Nick Rhodes described his side's 43-26 win over Rochford Hundred as "breathtaking" as they came up against a visiting side that belied their position in the league.

They pushed Luton every step of the way, treating a bumper home crowd to some outstanding rugby.

Rhodes is looking forward to next weekend's outing to Diss, who currently lie one league place below Luton, in what promises to be a "brutal" encounter. South African line-out specialist Wouter Heijmans has had to fly back to South Africa on compassionate grounds and he will be missed as Diss rely heavily on their powerful pack to dominate opponents, especially at home.

Luton's points came by way of tries from Tesh Edwards, Rick Hobbs, man of the match Steve Ellis, a brace from number eight Micheal Weston, and hooker Dave Irvine.

Full back Aiden Kenny was in outstanding form, not just for his verbal organisation and defensive work, but also kicking five out of six conversions and one penalty.

Tom Willmore returned from injury to add spice and variety to Luton's work. He moved out to the wing in the second half as Luton reorganised, demonstrating the intelligence and versatility he brings. Tom Mahendran stepped in at scrum half and maintained the continuity and flow established by Willmore.

With Old Newtonians unable to field a competitive team to play Stockwood Park firsts, the second team took centre stage against a travelling Kettering team hungry for success and won 22-17. Andy Thomas, seconds' manager, handed debuts to four Under-19 colts and described their contribution as "outstanding".

Lyle Chandler, Karl Burgoyne, Adam Chance, and Daniel Chopra all made senior debuts and equipped themselves well. "They should all be incredibly proud of their performance," said Thomas.

The Luton outfit dominated the forward play in both the scrum and the line out, with two of their three tries coming by way of powerful pack work. Number eight Ben Griffen, back row William Bennett and winger Brian Magwende scored the tries for the home side, with Shaun Bye kicking two conversions and a penalty to complete the points haul.

Stockwood Park thirds travelled to Cranfield University, returning victorious having won 5-17, making it a very successful day for the development squad.

Luton teen packs a considerable punch

BOXING

FROM BACK PAGE

Reynolds is still smarting from a controversial defeat to Aled Cook in last year's final. His only other reverse came at the hands of Isaac MacLeod, the much-hyped world No 2 and GB squad member, in the final of the Junior ABA in Bradford last year.

"Lots of people are raving about MacLeod but Jordan gave him a hell of a bout," Driscoll said.

"Many thought he won. He didn't but he came out of the ring the winner that night."

Driscoll has worked with the likes of Nigel Benn and Michael Marsh so knows a potential star when he sees one. Asked who Reynolds reminds him of, he said:

"Roy Jones Jr without the style. If you watch footage of Mike Tyson in his early days, Jordan reminds me of him and he's also got a bit of Tony Zale [the American who beat Rocky Graziano] about him as well."

"Billy Schwer was from Luton and he was a world champion. Jordan has the potential to be better than him. He can be a modern day Ricky Hatton."

Driscoll had Reynolds sparring against Johnny Coyle, the multi national champion, this week and pulled Coyle, 19, out after two rounds.

"He is raw and has got bad habits but he is phenomenally talented and very, very strong," Driscoll said. "He's got so much desire and determination."

Reynolds makes the four-hour round trip from Luton to Plaistow as many as five times a week to hone his skills at West Ham ABC. Sponsorship from Picton Solicitors helps subsidise the travel cost.

"We are amateurs but we train as pros," Driscoll said. "The pro game would suit him down to the ground."

"I see him as welterweight but we have got to manage him right as too many go pro too soon. Many get blinded by pound notes but it's a hard game."

Driscoll feels Reynolds "is a future amateur



Jordan Reynolds, right, with Anthony Joshua, the Team GB boxer who won gold at London 2012.

ABA champion" and said "it would be an honour to have him on our winner's board".

In the short term, Reynolds has his sights set on the National Clubs for Young People championships. He meets Connor Gethin, from Wales, in the semi final on Saturday.

"He's a good kid," Reynolds said. "He's a tall rangy fighter and he will come at me."

"It will be a 50-50 fight and because it's over there [in Wales], I will have to get a win and not let it come down to the judges."

Reynolds set up the semi-final date after making light work of Sean Noakes in Harlow last weekend, winning by unanimous.

"I could have beaten him with just my jab," Reynolds said. "I was expecting more from him and I thought he was going to come in and have a row."

"On a good day I could have stopped him in the first round, but I got dragged down to his level and I couldn't smother him."

It did not matter as the four judges still judged the West Ham ABC boy the unanimous winner.

"Sean is a good lad and I spoke to him afterwards," Reynolds said. "He said afterwards that I looked big for 66kg and he reckon I broke his ribs with my body shots."

Hardiman has UFC hopes

MIXED MARTIAL ARTS

BY TOM SHARP

sport@lutonmedia.co.uk

LUTON-BASED MMA fighter Dale Hardiman feels he could be near to a shot at the USA's Ultimate Fighting Championships if he can stay unbeaten in the next year, starting with a win over Stevie Ray at Birmingham's National Indoor Arena on December 1.

"I went for the Ultimate Fighter try-outs for a fight between UK and Australia earlier in the year and I got to the last eight," Hardiman said. "I'm not far off UFC if I can get some big wins in my next three or four fights."

Hardiman, who defeated Ido Pariente by second round knockout in July, is in confident mood going into the Ray clash for the vacant

British Association of Mixed Martial Arts lightweight title and said he has nothing to fear against the Scotsman.

"I have been looking on the Internet at some of his recent fights and I know he's going to be aggressive but I think I've sussed him out," said Hardiman.

"He is a Brazilian blue belt in jujitsu so he's a talented fighter but if I take him to the mat I can make him tap."

Despite his confidence, Hardiman is taking nothing for granted and has been working hard before the fight.

"I've been doing intense sessions everyday during the week plus some sparring once a day so I'm in tremendous shape," revealed Hardiman.

"It's MMA so it can be unpredictable but I just think I will have too much for him. I'm a better fighter and better striker."



Dale Hardiman is in action on December 1 against Stevie Ray.

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ON THE SPOT: George Pilkington was a reliable penalty taker for Luton Town.

Pilkington felt the expectation

FROM BACK PAGE

“I didn’t feel he would play 46 games so I wanted to structure the contract. But I’m really happy for him as he got a good deal [at Mansfield].”

Pilkington spent four years at Luton, winning Player of the Year, Players’ Player twice, featuring in two play-off finals and the Football League Trophy winning side. He said he left with a heavy heart, describing the decision as “the toughest of my career”.

“I’ve got a lot of friends there,” Pilkington said. “I had some good times there and good experiences. But everything comes to an end at some point and it was time for a new start.”

Pilkington still keeps in touch with James Dance and Janos Kovacs and looks out for the team’s results.

“They have got a very good squad of players and have a big reputation. With the quality they’ve got they will be up there challenging. I really like the manager. He is very organised, is very enthusiastic and is a good motivator. He’s done a cracking job this season.”

Buckle’s resolve and managerial ability has been tested by two successive league defeats, but Pilkington has still warned his team mates they face a “tough game” at Field Mill Ground.

He was part of the team who lost their league status in 2009 and knows the weight of expectation on

the players to get back up. “It was obvious to see,” Pilkington said. “They get decent crowds and there is an expectation. It could be their downfall, particularly as so many teams raise their game against them.”

Pilkington said he had no regrets about leaving Luton and is not considering going out on loan. He has recovered from a minor back problem and is working hard at keeping himself fit should the call from the manager come.

“It’s not worked out so far but there is a long way to go,” Pilkington said. “I’m only a few months in. there is too much doom and gloom in football. I try to be positive.”

■ Mansfield v Luton Town, today, 1pm

CONFERENCE TABLE

Team		Home					Away					GD	PTS
		P	W	D	L	F	P	W	D	L	F		
Grimsby	20	6	1	3	21	8	4	5	1	12	7	18	36
Newport County	19	6	2	2	20	10	5	1	3	20	16	14	36
Forest Green	19	5	2	2	21	10	5	2	3	12	10	13	34
Wrexham	18	5	3	2	18	11	4	3	1	13	7	13	33
Barford	19	6	1	3	21	13	4	2	3	10	8	10	33
Luton	18	4	2	3	16	12	6	0	3	14	13	5	32
Gateshead	20	4	5	1	15	9	2	4	4	11	5	2	27
Macclesfield	18	5	1	3	14	8	3	2	4	15	21	0	27
Lincoln City	19	5	2	3	20	16	2	3	4	10	13	1	26
Hereford	19	5	1	3	15	12	2	4	4	14	20	-3	26
Mansfield	17	6	2	1	14	6	1	2	5	10	22	-4	25
AFC Telford	19	2	4	4	15	17	3	5	1	14	9	3	24
Stockport	19	4	1	4	16	14	2	5	3	11	15	-2	24
Tamworth	20	2	6	7	12	15	1	4	16	14	-3	24	
Alfreton Town	18	2	4	3	13	17	4	2	3	11	13	-6	24
Kidderminster	19	3	3	3	12	9	2	5	3	11	10	4	23
Woking	20	5	1	4	22	18	2	1	7	13	24	-7	23
Cambridge Utd	19	4	2	4	17	16	1	4	4	15	20	-4	21
Ebbw Vale United	19	2	4	3	13	15	3	2	5	15	21	-8	21
Southport	19	3	3	3	11	16	2	3	5	16	20	-9	21
Braine T Town	18	2	3	3	10	12	3	2	5	10	17	-9	20
Hyde	18	3	3	2	14	12	2	1	7	12	20	-6	19
Barrow	19	1	5	4	11	19	3	2	4	13	17	-12	19
Nuneaton	19	2	6	2	16	14	1	2	6	8	20	-10	17

Gibson and Simpson fire cup hat-tricks

FOOTBALL ROUND-UP

BY JONATHAN PAXTON
sport@lsmmedia.co.uk

TOP-SCORER Lee Roache returned to the starting line-up and scored a brace of headers as Dunstable Town moved into the third round of the FA Vase with a 3-1 win over Peterborough North Star

It may not have been as emphatic as their midweek 11-goal victory over Holmer Green but Dunstable will fear no-one remaining in the Vase when the draw for the last 32 is made on Monday, particularly with Roache, who has scored 26 goals in 25 games, in such irresistible form.

Barton Rovers left it late to grab a

2-1 win they felt they deserved having dominated a North Greenford United side for the majority of their Evo-Stik Central Division match

Managed by former Chelsea striker Neil Shipperley, North Greenford took the lead after just seven minutes, but Bobby Dance grabbed the equaliser on 52 minutes and then Rhys Hoennes created the winner for Jermaine Hall in the 90th minute.

AFC Dunstable remain in fourth place in the South Midlands League Premier Division after a 1-0 defeat to Hanwell Town.

A mix up in the Dunstable defence resulted in the only goal of the game after ten minutes. AFC’s best chance fell to BJ Christie but he failed to take it to leave manager Alex Butler

disappointed. “We didn’t show enough grit and determination and lacked the cutting edge to get a point,” Butler said.

The 61 FC moved through to the quarter finals of the Bedfordshire Senior Trophy with a 5-0 win at Wootton Blue Cross.

Bradley Currington scored the only goal of the first half and Anthony McGirr added a second just after the break. James Potter and then Oliver Goundry put the result beyond doubt with two quick goals. Potter added his second late on to wrap up the scoring and send Blue Cross crashing out.

A first-half hat-trick from Chris Gibson fired Crawley Green to a 4-0 win over Winslow United in the South

Midlands League Division One.

The win keeps the pressure on the other teams at the top of the table and helps Crawley’s goal difference which lags behind most of their rivals.

Kent Athletic grabbed a good result and moved through to the next round of the Feeder Leagues Trophy with a 6-2 extra-time win over Belstone.

Totternhoe also progressed to the next round thanks to a Gary Simpson hat-trick in a pulsating 5-2 win over Broadfields.

Adrian Millard and Nathan Miller scored either side of Simpson’s hat-trick.

■ For a more comprehensive report of yesterday’s action, visit www.luton-dunstable.co.uk/sport

FOOTBALL RESULTS

EVO-STIK PREMIER DIVISION		
Arlsey Town	3	Kettering Town 0
Bedford Town	0	Bashley 1
CENTRAL DIVISION		
AFC Hayes	1	Biggleswade Town 1
Barton Rovers	2	North Greenford U 1
FA VASE 2ND ROUND PROPER		
Amphill Town	1	Diss Town 0
Peterborough NS	1	Dunstable Town 3
UCL PREMIER DIVISION		
AFC Kempston Rov 1	Blackstones	0
SML PREMIER DIVISION CUP SECOND ROUND		
London Colney	1	Tring Athletic 3
Stotfold	2	Haringey Borough 3 (aet)
SML PREMIER DIVISION		
Hanwell Town	1	AFC Dunstable 0
London Tigers	2	Leverstock Green 0
DIVISION ONE CUP SECOND ROUND		
Harpenden Town	2	Hoddesdon Town 3
DIVISION ONE		
Cranfield Utd	1	Southall 3
Sun Postal Sports	0	Buckingham Ath 2
Winslow Utd	0	Crawley Green 4
FEEDER LEAGUES TROPHY SECOND ROUND		
Broadfields Utd	2	Totternhoe 5
Kent Athletic	6	Belstone 2
DIVISION TWO		
Broxbourne Bor	4	Old Bradwell Utd 3
Caddington	1	Aylesbury Res 0
Wolverton Town	1	Mursley Utd 2
BEDFORDSHIRE FA SENIOR TROPHY		
AFC Biggleswade	X	Caldecote x
Wootton Blue Crs	0	The 61FC (Luton) 5
BEDS COUNTY LEAGUE PREMIER DIVISION		
AFC Kempston Tn	1	Ickwell & Old Ward 6
Flitwick Town	2	Lidlington Utd Sp 0
Oakley Sports	4	Arlsey Town Res 1
Renhold United	1	Sheffield Town 4
Sharnbrook	3	Bedford SA 2
Wilshamstead	3	Marston Shelton R 4
DIVISION ONE		
Brickhill Tigers	5	Kings AFC 1
Elstow Abbey	4	AFC Kempston R 0
Henlow	1	Shillington 4
Pavenham	1	Caldecotte Res 1
Sandy	3	Luton Boys 1
Sheffield Town Res	4	Lea Sports PSG 0
DIVISION TWO		
Bromham United	3	Meltis Albion 0
Marabese Ceram	2	Potton Utd Res 2
St Joseph Res	0	Goldington 2
Stopsley Park	1	Queens Park Cres 3
Sundon Park Rgs	1	Eastcotts AFC 2
Westoning	2	Cranfield Utd Res 1
Woburn Athletic	7	Oakley Sports Res 3
DIVISION THREE		
Bedford Park Rgs	0	Kempston H Spt 3
Great Barford	0	Potton Town 3
Ickwell & OW Res	1	Clifton 4
Marsh Leys	1	Riseley Sports 1
Royal Oak Kemps	0	Dunton 5
Stevington	4	Westoning Res 4
DIVISION FOUR		
Bedford Panthers	7	Flitwick Town Res 1
Clifton Res	3	Elstow Abbey Res 2
Dinamo Flitwick	3	Kempston Athletic 3
Dunton Res	3	Kempston CC Spt 2
Sheffield Town A	4	Sandy Reserves 2
Wootton Village	0	Marston Shelton R 1

Luton report: visit www.luton-dunstable.co.uk/sport



'Luton exit was tough decision'

FOOTBALL

BY KEVIN AFFLECK

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GEORGE PILKINGTON will be denied the chance to line up against his former club today as he continues to endure a "frustrating time" at Mansfield.

The defender left Kenilworth Road in the summer after Mansfield trumped Luton's offer of a one-year deal and provided him with the chance to play for a club closer to the family home in the Midlands.

Manager Paul Cox hailed his arrival as "a major coup for the club" but Pilkington has started just four games and has not featured at all since the beginning of last month.

"Any player who is not playing is going to be frustrated and I'm no different," Pilkington said.

"There is a lot of competition for places and the manager has brought one or two new players in and my face doesn't fit

right now. I believe I've got something to offer and I'll wait for my chance."

Mansfield conceded four goals in three of the four games Pilkington played and he acknowledged he has no qualms about being left out.

"I've got myself to blame," Pilkington said. "Results didn't go well, we conceded goals and I hold my hands up."

Paul Buckle, the Luton manager, said he has "not seen enough of Mansfield" to evaluate why Pilkington finds himself in the wilderness, but he did understand Pilkington's reasons for leaving Luton.

"I wanted to keep him at the club," Buckle said. "We were both transparent with each other and I told him to think long and hard about the offer we made him and the role I wanted him to make. I was looking at players' ages, what they could bring and what they couldn't bring."

TURN TO PAGE 59



RING MASTER: Jordan Reynolds is an emerging prospect

Reynolds could be 'next Hatton'

BOXING

BY KEVIN AFFLECK

kevin.affleck@lsnmedia.co.uk

THE coach of Jordan Reynolds believes the Luton boxer has the potential to turn professional, comparing his prodigious talent to several world champions.

Mick Driscoll trains the former Barnfield Academy pupil at the West Ham Amateur Boxing Club and is in no doubt he has a future ABA champion on his hands.

He thinks the 17-year-old could join the professional ranks in two years and could be a "modern day Ricky Hatton".

"He is a phenomenal talent," Driscoll said. "He's only been boxing for two years and already he's been in three national semi finals and I think he can win the national title he fully deserves."

"I've never met a kid like it. You see these special kids come on X Factor who can sing and you see the reaction of Simon Cowell. It's like that with

Jordan. He makes the hairs on the back of your neck stand up."

Reynolds does not turn 18 until April yet he is already part of the England squad, has reached the final of the Junior ABA and has made the semi final of the National Clubs for Young People championships three times.

He will have high hopes of reaching the final on Saturday when he takes on a Wales champion in the 63-66kg Welterweight class.

TURN TO PAGE 58

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Choose from our extensive menu 1 starter, 1 main dish, 1 side dish, 1 pilau rice/nan, 1 coffee

ALL DAY SUNDAY BUFFET
12 noon - 10pm Eat as much as you like from a variety of displayed dishes Adults £8.95 Children £6.50

SUNDAY GOURMET
Available 6pm - 11.30pm £10.95 Per person
Starter, main dish, side dish, rice or naan and coffee
A la carte menu also available

www.indianoceanluton.com
5 Sundon Park Parade, Sundon Park, Luton
Open all day 7 Days a Week

Tel: 01582 84 83 83

MIRAJ
Indian Restaurant
Fully Licensed & Air Conditioned

Luton's First 5 Star Rated Indian Restaurant
Awarded by LBC for hygiene

SUNDAY BUFFET
12 noon - 2 pm + 5.00 pm - 10.30 pm - Only £8.95 per person

EVENING SPECIAL • ONLY £10.95 PER PERSON
Dine In or Take Out. 7 nights a week, 5 course meal from the menu.

FREE HOME DELIVERY - MINIMUM ORDER £9.95 within Luton, Streatley, Barton

249 BIRDSFOOT LANE, LUTON.
TEL: 01582 575800

Great food and excellent service at

Alankar

5 COURSE SUNDAY BUFFET ONLY £8.90 (Per head)
AVAILABLE ALL DAY
Free Home delivery within a 4 mile radius & orders over £15 Open 7 Days a Week

276 Dunstable Rd | Luton
01582 410374 | 01582 455189

Monday - Saturday Lunchtime: 12 noon - 2.30pm Monday-Saturday Eves: 6.00pm - Midnight
Sunday: 12 noon - 11.30pm Car Park & Disabled Access

To view our menu please scan



Are you flu safe? Get the jab!

“Flu can be a serious illness... are you at risk?”

Getting a flu jab can protect you all winter. It's free if you are pregnant, over 65, or have a health condition such as severe asthma, diabetes, a chest, heart, liver or kidney complaint, or lowered immunity.

It's quick, safe and free.
To book your jab, speak to your GP practice today.



NHS

Bedfordshire
Luton

www.nhs.uk/flu



NHS

Bedfordshire
Luton

Our gift to you... a free NHS Health Check

Are you aged 40-74 years old without a pre-existing diagnosis for heart disease, stroke, diabetes or kidney disease?

Look out for your invitation for your free NHS Health Check.

FREE NHS Health Check.

Helping you prevent heart disease, stroke, diabetes and kidney disease.



Free NHS Health checks – the FACTS

What happens at the check?

- Your check will take about 20 minutes;
 - You will be asked some simple questions, eg, about your family history
 - and what medications you are currently taking;
 - We will record your height, weight, age, gender and ethnicity;
 - We will take your blood pressure;
 - We will do a simple blood test to check your cholesterol and glucose level;
 - Your results will be discussed with you during your visit.
- This check is to assess your risk of developing heart disease, type 2 diabetes, kidney disease and stroke.

You are eligible for a free NHS Health Check if:

- ✓ You are aged 40-74 yrs
- ✓ You have not had a stroke, heart disease, kidney disease or diabetes
- ✓ You have not had a free NHS Health Check in the last 5 years

The NHS Health Check is NOT for people with the following diagnoses as they will already receive appropriate checks:

- ✗ diabetes
- ✗ coronary heart disease
- ✗ chronic kidney disease stages III-IV
- ✗ stroke / transient ischemic attacks
- ✗ hypertension (high blood pressure)
- ✗ hypercholesterolaemia (high cholesterol levels)
- ✗ peripheral arterial disease
- ✗ atrial fibrillation (irregular heart beat)
- ✗ heart failure

Where do I get a free NHS Health Check?

Look out for your invitation in the post - if you are eligible you will receive a free NHS Health Check once every five years. See the front page for more information.



Top alcohol tips to help you survive the festive season



It can be all too easy to get caught up in the Christmas “spirit” but drinking sensibly doesn’t have to mean complete abstinence.

Following a few simple steps can help you manage your drinking over the festive season and avoid a post-Christmas financial hangover!

- Know how many units are in your favourite drink (the recommended lower risk limit for women is 2-3 units per day, 3-4 units per day for men). A single measure contains 1 unit of alcohol, a large glass of 13% abv wine contains 3.3 units, a 5.2% pint of strong beer or cider contains 3 units.
- Have some soft drinks between your alcoholic drinks and have drinks with mixers.

- Eat before you go out.
- Always give yourself at least two alcohol free days a week.
- Make sure you have a safe way to get home, pre-booking transport can help you to set a sensible time to be collected whether you are drinking or not.

If you are worried about your alcohol drinking habits and would like some confidential one-to-one support contact the Community Alcohol Liaison Service (CALS) 07729 542381 / 07858 083944 or in Luton call jkp on 01582 723434.

The CALS service offers:

- A free and confidential service for adults over 18 years of age in Bedfordshire who are concerned about their drinking or who are experiencing problems with alcohol
 - Advice, support and information on how to stop or cut down your alcohol consumption
 - Advice on ‘how much is too much alcohol?’
 - Signposting and liaison with other services
 - Ongoing appointments if required.
- The CALS workers are able to offer you alcohol support and advice in the following places:
- Local community including GP practices
 - At Bedford Hospital, whilst you are an inpatient or attending A&E.
- To make an appointment to see a CALS worker please call 07729 542381 or 07858 083944. For alcohol services in Luton please contact JKP on 01582 723434.**

Bedfordshire
Luton

The best things in life are FREE...

If you are aged 40-74 years old, you may be entitled to a free NHS health check (if you do not have a pre-existing diagnosis of heart disease, stroke, diabetes or kidney disease).

It only takes 20 minutes but could help add years to your life.

We assess your risk of developing heart disease, stroke, diabetes and kidney disease and then can help you take steps to maintain or improve your health.

FREE NHS Health Check.

Helping you prevent heart disease, stroke, diabetes and kidney disease.